

LEGEND

P: PRIMARY PROTEIN SOURCE
C: PRIMARY CARB SOURCE
F: FAT SOURCE
V: VEGETABLE/FRUIT

MATT TAYLOR - DFM MEAL PLANNER

BREAKFAST/LUNCH/DINNER ARE ~600
CALORIES WITH ~40P/~20F/~65C.
SNACKS ARE LOWER FAT SINCE THEY CAN BE
CONSUMED AS A PRE/POST WORKOUT MEAL

BREAKFAST 2

Yogurt Parfait

P: 260g 0% Greek Yogurt
C: 50g granola, 1tsp honey
F: 16g walnuts
V: 1 banana

Make 2-3 layers of sliced
bananas with walnuts,
granola and yogurt.

Top with honey

LUNCH/DINNER 1

Spaghetti Bolognese

P: 120g ground turkey
C: 85g (dry measure) pasta
F: 14g parmesan cheese
V: handful spinach, 175ml
tomato sauce

You can batch cook your
pasta and sauce for reduced
prep time.

Sear meat, add sauce and
simmer. Add spinach at the
last minute to wilt.

Pour over cooked pasta.

QUICK SNACK 1

Bar + Shake

P: 1.5 scoops protein
C: 1 Nature Valley granola
bar
V: 1 Banana

Protein can be had as a
shake with just water or
blended up with almond
milk and the banana to
make a smoothie.
depending on available
time/facilities.

BREAKFAST 2

Breakfast Burrito

P: 3 Eggs, 40g low fat
shredded cheese
C: 1 large whole wheat
tortilla
F: *fat from egg yolks
V: handful of chopped
spinach, 30g salsa

Mix spinach and eggs, fry in
non-stick pan and top with
cheese.

Pour mixture into tortilla, top
with salsa and fold up into a
burrito.

LUNCH/DINNER 2

Taco Bowl

P: 120g lean meat (Chicken,
X Lean ground beef, etc)
seasoned with chili powder
C: 200g cooked rice, 25g
black beans
F: 30g avocado, 20g sour
cream
V: sliced onions +peppers

Bulk cook rice+beans,
chicken, and veggies
individually for easy prep.

Make a base in your bowl
with rice, top with meat,
veggies then avocado and
sour cream.

QUICK SNACK 2

Down and Dirty

P: 1 protein bar (20+ grams
of protein, minimum)
V+C: 1 piece fruit of your
choice

This is far from perfect and
won't be quite as much food
as the other options here,
but sometimes you just gotta
get a quick meal in before
training, even if it's not
perfectly dialed.

Matt Taylor



Matthew Taylor

Matt is the owner and founder of StrongerYou Personal Training as well as a powerlifting competitor at the world level.

Competitively, he has:

- Been competing since 2012
- Won best lifter at AAU Worlds as a Sub-Junior
- Been nationally qualified as a Men's Open Athlete in the CPU.
- Held a national squat record in the CPF

Professionally, some of the athletes he works with have:

- Competed at the world level
- Set national records in the bench press and squat
- Won best lifter at regionals (based on Dots)

Matt has been a full time powerlifting coach since 2014 and has extensive continuing education in strength training, rehab, and sports performance for the sport.

Looking for some help?

If you'd like to speak with me about getting some help to:

- Hit more PRs
- Prepare for a powerlifting meet
- Troubleshoot your training

I will be offering a free 15-minute Brainstorm Call to the first 10 people who book through this link. This is not a sales call.

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