

FUELING PROTOCOLS · VOL. 02 · 21 OPERATOR-GRADE PLANS

FUEL A BODY THAT IS HARD TO KILL.

21 calorie-tiered, protein-loaded fueling plans — from 1,200 to 3,200 calories. Built for athletes, operators, and disciplined humans who refuse soft food.

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MULTI-SPORT ATHLETE

NORTHERN MICHIGAN FOOTBALL

MARINE CORPS BACKGROUND

PERFORMANCE SPECIALIZATION

BRIEFING

FUEL THE MISSION.

21 calorie tiers. 200% adherence. Zero junk fuel.

HTK is not influencer fluff, recycled templates, or hype training. Performance is built — and so is the body composition that comes with it. Every protocol below carries a daily calorie target and a protein floor. You select the tier that matches your mission — cut, recomp, or build — and you execute it with the same standards you bring to training.

HOW TO USE THIS MANUAL

01

PICK YOUR TIER

Find the calorie target that matches your mission. Cut tiers run 1,200-1,800. Maintenance and recomp run 1,900-2,400. Build tiers run 2,500-3,200.

02

EXECUTE THE PROTOCOL

Each protocol is engineered: 4 meals, every macro accounted for, protein-forward by design. Hit the foods. Hit the quantities.

03

TRACK THE DATA

Bodyweight every morning. Calories, protein, carbs, fat, and steps every day. Six inputs. Seven days.

04

ADJUST WHEN THE TREND DEMANDS IT

Move up or down a tier only after 3+ weeks of clean data. Discipline beats variety.

21

TIERS

1,200-3,200 cal

84

MEALS

4 per protocol

120+

PROTEIN

Grams of protein floor

DAILY CALORIE RANGE

1200-1800

CUT PROTOCOLS

Drop body fat without sacrificing protein. Hold the engine.

CUT TIER

1,200 CAL / 120G PROTEIN

Macros: 120p (480 cal), 90c (360 cal), 40f (360 cal) → 1,200 calories

120g

PROTEIN

Floor

90g

CARBS

Performance fuel

40g

FAT

Hormonal floor

BREAKFAST

Egg White & Turkey Scramble

325 cal · 35p / 20c / 10f

- 1 cup egg whites — 26p / 0c / 0f
- 3 oz lean ground turkey — 22p / 0c / 3f
- 1 cup spinach + peppers — 2p / 8c / 0f
- 1 slice whole wheat toast — 4p / 11c / 1f
- 1 tsp olive oil — 0p / 0c / 5f

LUNCH

Chicken & Rice Bowl

325 cal · 35p / 30c / 5f

- 5 oz grilled chicken breast — 44p / 0c / 2f
- 1 cup jasmine rice — 4p / 40c / 0f
- 1 cup broccoli — 3p / 6c / 0f
- 1 tsp olive oil — 0p / 0c / 5f

SNACK

Greek Yogurt + Almonds

200 cal · 20p / 10c / 7f

- 1 cup plain Greek yogurt — 20p / 7c / 0f
- 10 almonds — 2p / 3c / 7f

DINNER

Salmon & Sweet Potato Plate

350 cal · 30p / 30c / 10f

- 4 oz grilled salmon — 25p / 0c / 8f
- 1 small baked sweet potato — 2p / 26c / 0f
- 1 cup asparagus — 3p / 4c / 0f
- 1 tsp olive oil — 0p / 0c / 5f

CUT TIER

1,300 CAL / 125G PROTEIN

Macros: 125p (500 cal), 110c (440 cal), 40f (360 cal) → 1,300 calories

125g

PROTEIN

Floor

110g

CARBS

Performance fuel

40g

FAT

Hormonal floor

BREAKFAST

Cottage Cheese & Fruit Bowl

325 cal · 30p / 25c / 8f

- 1 cup 2% cottage cheese — 25p / 10c / 5f
- 1/2 cup pineapple chunks — 0p / 10c / 0f
- 1 tbsp chia seeds — 2p / 5c / 3f
- Cinnamon

LUNCH

Turkey & Quinoa Salad

350 cal · 35p / 35c / 7f

- 5 oz lean ground turkey — 40p / 0c / 5f
- 1 cup cooked quinoa — 8p / 39c / 3f
- 1 cup spinach + cucumber — 2p / 5c / 0f
- Lemon juice + herbs for dressing

SNACK

Hard-Boiled Eggs + Rice Cakes

200 cal · 20p / 15c / 5f

- 2 hard-boiled eggs — 12p / 2c / 5f
- 2 plain rice cakes — 2p / 13c / 0f

DINNER

Cod & Sweet Potato Plate

425 cal · 40p / 35c / 10f

- 5 oz baked cod — 30p / 0c / 2f
- 1 medium baked sweet potato — 3p / 26c / 0f
- 1 cup green beans — 2p / 5c / 0f
- 1 tsp olive oil — 0p / 0c / 5f
- 1 tsp butter — 0p / 0c / 4f

CUT TIER

1,400 CAL / 130G PROTEIN

Macros: 130p (520 cal), 120c (480 cal), 45f (405 cal) → 1,405 calories

130g

PROTEIN

Floor

120g

CARBS

Performance fuel

45g

FAT

Hormonal floor

BREAKFAST

Greek Yogurt & Berries

350 cal · 30p / 35c / 6f

- 1 cup 0% Greek yogurt — 20p / 7c / 0f
- 1/2 cup oats — 5p / 30c / 2f
- 1/2 cup blueberries — 0p / 10c / 0f
- 1 tbsp almond butter — 2p / 3c / 4f

LUNCH

Beef & Rice Bowl

375 cal · 35p / 35c / 8f

- 5 oz 96% lean ground beef — 30p / 0c / 7f
- 1 cup jasmine rice — 4p / 40c / 0f
- 1 cup spinach + mushrooms — 2p / 5c / 1f

SNACK

Turkey Deli Wrap

200 cal · 20p / 15c / 5f

- 3 oz sliced turkey breast — 18p / 2c / 1f
- 1 small whole wheat tortilla — 2p / 13c / 2f
- Mustard / veggies for filler

DINNER

Chicken & Potato Plate

480 cal · 45p / 35c / 12f

- 6 oz grilled chicken breast — 52p / 0c / 3f
- 1 medium baked potato — 4p / 37c / 0f
- 1 cup broccoli — 3p / 6c / 0f
- 1 tsp olive oil — 0p / 0c / 5f
- 1 tsp butter — 0p / 0c / 4f

CUT TIER

1,500 CAL / 135G PROTEIN

Macros: 135p (540 cal), 130c (520 cal), 45f (405 cal) → 1,465 calories

135g

PROTEIN

Floor

130g

CARBS

Performance fuel

45g

FAT

Hormonal floor

BREAKFAST

Veggie Omelet + Toast

375 cal · 35p / 25c / 10f

- 1 whole egg + 4 egg whites — 28p / 2c / 7f
- 1 oz shredded cheese — 7p / 1c / 3f
- 1 cup mushrooms + peppers — 2p / 6c / 0f
- 1 slice whole wheat toast — 4p / 11c / 1f

LUNCH

Salmon & Rice Bowl

400 cal · 35p / 40c / 9f

- 5 oz grilled salmon — 31p / 0c / 8f
- 1 cup jasmine rice — 4p / 40c / 0f
- 1 cup asparagus — 3p / 5c / 0f
- Lemon juice / herbs

SNACK

Cottage Cheese + Apple

225 cal · 20p / 25c / 2f

- 1 cup 1% cottage cheese — 20p / 10c / 2f
- 1 medium apple — 0p / 15c / 0f

DINNER

Chicken & Sweet Potato Plate

465 cal · 45p / 40c / 11f

- 6 oz grilled chicken breast — 52p / 0c / 3f
- 1 medium baked sweet potato — 4p / 35c / 0f
- 1 cup green beans — 2p / 5c / 0f
- 1 tsp olive oil — 0p / 0c / 5f
- 1 tsp butter — 0p / 0c / 3f

CUT TIER

1,600 CAL / 140G PROTEIN

Macros: 140p (560 cal), 145c (580 cal), 50f (450 cal) → 1,590 calories

140g

PROTEIN

Floor

145g

CARBS

Performance fuel

50g

FAT

Hormonal floor

BREAKFAST

Greek Yogurt Parfait

375 cal · 30p / 40c / 6f

- 1 cup 0% Greek yogurt — 20p / 7c / 0f
- 1/2 cup oats — 5p / 30c / 2f
- 1/2 cup blueberries — 0p / 10c / 0f
- 1 tbsp peanut butter — 2p / 3c / 4f

LUNCH

Shrimp & Rice Bowl

400 cal · 35p / 40c / 6f

- 6 oz grilled shrimp — 36p / 0c / 1f
- 1 cup jasmine rice — 4p / 40c / 0f
- 1 cup zucchini — 2p / 5c / 0f
- 1 tsp olive oil — 0p / 0c / 5f

SNACK

Turkey Deli Wrap

225 cal · 20p / 20c / 6f

- 3 oz sliced turkey breast — 18p / 2c / 1f
- 1 small whole wheat tortilla — 2p / 13c / 2f
- Mustard / veggies for filler
- 1 tsp mayo — 0p / 0c / 3f

DINNER

Beef & Potato Plate

590 cal · 55p / 45c / 17f

- 6 oz 96% lean ground beef — 33p / 0c / 8f
- 1 medium baked potato — 4p / 37c / 0f
- 1 cup asparagus — 3p / 5c / 0f
- 1 tsp butter — 0p / 0c / 5f
- 1 tsp olive oil — 0p / 0c / 4f

CUT TIER

1,700 CAL / 145G PROTEIN

Macros: 145p (580 cal), 160c (640 cal), 50f (450 cal) → 1,670 calories

145g

PROTEIN

Floor

160g

CARBS

Performance fuel

50g

FAT

Hormonal floor

BREAKFAST

Egg & Veggie Scramble

400 cal · 35p / 25c / 13f

- 2 whole eggs + 3 egg whites — 26p / 2c / 10f
- 1 cup spinach + peppers — 2p / 6c / 0f
- 1 slice whole wheat toast — 4p / 11c / 1f
- 1 tsp olive oil — 0p / 0c / 5f

LUNCH

Cod & Quinoa Bowl

425 cal · 40p / 40c / 7f

- 6 oz baked cod — 36p / 0c / 2f
- 1 cup cooked quinoa — 8p / 39c / 3f
- 1 cup zucchini — 2p / 5c / 0f
- 1 tsp olive oil — 0p / 0c / 5f

SNACK

Cottage Cheese + Berries

225 cal · 20p / 25c / 2f

- 1 cup 1% cottage cheese — 20p / 10c / 2f
- 1 cup strawberries — 1p / 15c / 0f

DINNER

Chicken & Potato Plate

620 cal · 50p / 70c / 13f

- 7 oz grilled chicken breast — 60p / 0c / 4f
- 2 medium baked potatoes — 8p / 74c / 0f
- 1 cup green beans — 2p / 6c / 0f
- 1 tsp butter — 0p / 0c / 5f
- 1 tsp olive oil — 0p / 0c / 4f

CUT TIER

1,800 CAL / 150G PROTEIN

Macros: 150p (600 cal), 175c (700 cal), 55f (495 cal) → 1,795 calories

150g

PROTEIN

Floor

175g

CARBS

Performance fuel

55g

FAT

Hormonal floor

BREAKFAST

Turkey Sausage Omelet

450 cal · 35p / 20c / 20f

- 2 whole eggs + 3 egg whites — 26p / 2c / 10f
- 3 oz turkey sausage — 18p / 2c / 9f
- 1 cup mushrooms + peppers — 2p / 6c / 0f
- 1 slice whole wheat toast — 4p / 11c / 1f

LUNCH

Salmon & Rice Plate

475 cal · 40p / 45c / 12f

- 5 oz grilled salmon — 31p / 0c / 10f
- 1 cup jasmine rice — 4p / 40c / 0f
- 1 cup asparagus — 3p / 5c / 0f
- 1 tsp olive oil — 0p / 0c / 5f

SNACK

Greek Yogurt + Almonds

225 cal · 20p / 15c / 8f

- 1 cup plain Greek yogurt — 20p / 7c / 0f
- 10 almonds — 2p / 3c / 7f
- 1/2 cup blueberries — 0p / 5c / 0f

DINNER

Chicken & Sweet Potato Bowl

645 cal · 55p / 95c / 15f

- 7 oz grilled chicken breast — 60p / 0c / 4f
- 2 medium baked sweet potatoes — 8p / 70c / 0f
- 1 cup broccoli — 3p / 6c / 0f
- 1 tsp butter — 0p / 0c / 5f
- 1 tsp olive oil — 0p / 0c / 5f

DAILY CALORIE RANGE

1900-2400

MAINTAIN & RECOMP PROTOCOLS

Hold composition. Add training stimulus. Repeat.

MAINTAIN · RECOMP

1,900 CAL / 155G PROTEIN

Macros: 155p (620 cal), 190c (760 cal), 55f (495 cal) → 1,875 calories

155g

PROTEIN

Floor

190g

CARBS

Performance fuel

55g

FAT

Hormonal floor

BREAKFAST

Breakfast Tacos

450 cal · 35p / 30c / 15f

- 1 whole egg + 4 egg whites — 28p / 2c / 7f
- 2 small corn tortillas — 4p / 20c / 2f
- 2 oz turkey sausage crumbles — 12p / 2c / 5f
- Salsa + peppers + onions — 2p / 6c / 0f
- 1 tbsp shredded cheese — 3p / 0c / 1f

LUNCH

Chicken Chili Bowl

500 cal · 45p / 45c / 10f

- 6 oz shredded chicken breast — 52p / 0c / 3f
- 1/2 cup black beans — 8p / 20c / 0f
- 1/2 cup corn — 2p / 20c / 2f
- Tomato + onion + peppers — 2p / 5c / 0f
- Chili seasoning
- 1 tsp olive oil — 0p / 0c / 5f

SNACK

Cottage Cheese + Crackers

225 cal · 20p / 20c / 6f

- 1 cup 1% cottage cheese — 20p / 10c / 2f
- 5 whole wheat crackers — 2p / 10c / 4f

DINNER

Turkey Smash Burgers + Sweet Potato Fries

700 cal · 55p / 95c / 24f

- 6 oz 93% lean ground turkey — 42p / 0c / 9f
- 1 whole wheat bun — 7p / 30c / 2f
- Lettuce, tomato, pickle (negligible)
- 1 tsp light mayo — 0p / 0c / 3f
- 1 tsp olive oil for cooking — 0p / 0c / 5f
- 1 medium baked sweet potato, cut into fries — 4p / 35c / 0f
- 1 tsp butter for fries — 0p / 0c / 5f

MAINTAIN · RECOMP

2,000 CAL / 160G PROTEIN

Macros: 160p (640 cal), 200c (800 cal), 60f (540 cal) → 1,980 calories

160g

PROTEIN

Floor

200g

CARBS

Performance fuel

60g

FAT

Hormonal floor

BREAKFAST

Protein Pancakes + Berries

450 cal · 35p / 40c / 10f

- 1 scoop whey protein — 25p / 3c / 1f
- 1/2 cup oats blended — 5p / 30c / 2f
- 2 egg whites + 1 whole egg — 13p / 2c / 5f
- 1/2 cup blueberries — 0p / 10c / 0f
- 1 tsp almond butter drizzle — 1p / 2c / 2f

LUNCH

Beef Taco Bowl

525 cal · 45p / 50c / 16f

- 6 oz 96% lean ground beef — 42p / 0c / 12f
- 1/2 cup black beans — 8p / 20c / 0f
- 1/2 cup corn — 2p / 20c / 2f
- 1 cup lettuce + salsa — 0p / 5c / 0f
- 1/4 avocado — 1p / 5c / 4f

SNACK

Greek Yogurt + Honey + Almonds

250 cal · 20p / 20c / 7f

- 1 cup plain Greek yogurt — 20p / 7c / 0f
- 1 tsp honey — 0p / 5c / 0f
- 8 almonds — 2p / 3c / 7f
- Cinnamon

DINNER

Spaghetti Squash Chicken Parm

755 cal · 60p / 90c / 27f

- 6 oz grilled chicken breast, breaded & baked — 52p / 10c / 6f
- 1 cup roasted spaghetti squash — 2p / 10c / 0f
- 1/2 cup marinara sauce — 2p / 10c / 2f
- 1 oz shredded mozzarella — 7p / 2c / 6f
- 1 tbsp olive oil — 0p / 0c / 9f
- 1 slice garlic bread — 4p / 20c / 4f

MAINTAIN · RECOMP

2,100 CAL / 165G PROTEIN

Macros: 165p (660 cal), 210c (840 cal), 65f (585 cal) → 2,085 calories

165g

PROTEIN

Floor

210g

CARBS

Performance fuel

65g

FAT

Hormonal floor

BREAKFAST**Turkey Breakfast Burrito**

500 cal · 40p / 40c / 14f

- 1 whole egg + 4 egg whites — 28p / 2c / 7f
- 3 oz lean ground turkey — 22p / 0c / 3f
- 1 large whole wheat tortilla — 8p / 45c / 3f
- 1 oz shredded cheese — 7p / 1c / 4f
- Salsa + peppers

LUNCH**BBQ Chicken Bowl**

525 cal · 45p / 50c / 12f

- 6 oz grilled chicken breast — 52p / 0c / 3f
- 1 cup cooked brown rice — 5p / 45c / 1f
- 1/2 cup roasted corn — 2p / 20c / 2f
- 2 tbsp BBQ sauce — 0p / 10c / 0f
- 1 tsp olive oil — 0p / 0c / 5f

SNACK**Cottage Cheese + Rice Cakes**

250 cal · 25p / 25c / 2f

- 1 cup 1% cottage cheese — 20p / 10c / 2f
- 2 plain rice cakes — 2p / 13c / 0f
- 1 tsp honey — 0p / 2c / 0f

DINNER**Shrimp Stir-Fry**

810 cal · 55p / 95c / 37f

- 7 oz grilled shrimp — 42p / 0c / 3f
- 2 cups jasmine rice — 8p / 90c / 0f
- 1.5 cups stir-fry veggies — 3p / 10c / 0f
- 1 tbsp sesame oil — 0p / 0c / 14f
- 1 tbsp olive oil — 0p / 0c / 9f
- 1 tbsp light soy sauce — 2p / 2c / 1f

MAINTAIN · RECOMP

2,200 CAL / 170G PROTEIN

Macros: 170p (680 cal), 260c (1,040 cal), 55f (495 cal) → 2,215 calories

170g

PROTEIN

Floor

260g

CARBS

Performance fuel

55g

FAT

Hormonal floor

BREAKFAST

Protein Oats Bowl

525 cal · 40p / 65c / 8f

- 1 scoop whey protein — 25p / 3c / 1f
- 1 cup oats — 10p / 60c / 6f
- 1/2 cup blueberries — 0p / 12c / 0f
- Cinnamon

LUNCH

Turkey Chili

550 cal · 50p / 65c / 6f

- 6 oz lean ground turkey breast — 42p / 0c / 3f
- 1/2 cup kidney beans — 7p / 20c / 0f
- 1/2 cup black beans — 8p / 20c / 0f
- 1/2 cup corn — 2p / 20c / 1f
- Diced tomatoes, onion, peppers — 2p / 5c / 0f
- 1 tsp olive oil — 0p / 0c / 5f

SNACK

Chicken Wrap

290 cal · 25p / 35c / 3f

- 3 oz grilled chicken breast — 26p / 0c / 1f
- 1 medium whole wheat tortilla — 4p / 25c / 2f
- Lettuce + tomato + salsa — 0p / 5c / 0f

DINNER

Salmon & Rice Bowl

850 cal · 55p / 95c / 18f

- 6 oz grilled salmon — 37p / 0c / 10f
- 2 cups jasmine rice — 8p / 90c / 0f
- 1 cup asparagus — 3p / 5c / 0f
- 1 tsp olive oil — 0p / 0c / 5f
- Lemon juice for flavor

MAINTAIN · RECOMP

2,300 CAL / 175G PROTEIN

Macros: 175p (700 cal), 280c (1,120 cal), 55f (495 cal) → 2,315 calories

175g

PROTEIN

Floor

280g

CARBS

Performance fuel

55g

FAT

Hormonal floor

BREAKFAST

Egg White Scramble + English Muffin

500 cal · 40p / 55c / 8f

- 1 cup egg whites + 1 whole egg — 30p / 2c / 5f
- 1 oz low-fat cheese — 7p / 1c / 2f
- 1 cup spinach + peppers — 2p / 6c / 0f
- 1 whole wheat English muffin — 6p / 28c / 1f
- 1 tsp light butter — 0p / 0c / 3f

LUNCH

Chicken Pesto Pasta

600 cal · 50p / 70c / 12f

- 6 oz grilled chicken breast — 52p / 0c / 3f
- 2 cups whole wheat pasta — 16p / 80c / 2f
- 1 tbsp pesto sauce — 0p / 5c / 7f
- 1 cup zucchini noodles — 2p / 5c / 0f

SNACK

Greek Yogurt + Granola

300 cal · 25p / 30c / 4f

- 1 cup 0% Greek yogurt — 20p / 7c / 0f
- 1/2 cup granola — 5p / 23c / 4f

DINNER

Steak Fajitas + Rice

915 cal · 60p / 125c / 31f

- 7 oz lean flank steak — 50p / 0c / 15f
- 2 small whole wheat tortillas — 6p / 40c / 4f
- 1.5 cups jasmine rice — 6p / 60c / 0f
- 1 cup bell peppers + onions sautéed — 2p / 10c / 0f
- 1 tbsp olive oil — 0p / 0c / 9f
- Salsa + lime

MAINTAIN · RECOMP

2,400 CAL / 180G PROTEIN

Macros: 180p (720 cal), 300c (1,200 cal), 60f (540 cal) → 2,460 calories

180g

PROTEIN

Floor

300g

CARBS

Performance fuel

60g

FAT

Hormonal floor

BREAKFAST

Protein Pancakes + Maple Yogurt

525 cal · 40p / 55c / 9f

- 1 scoop whey protein — 25p / 3c / 1f
- 3/4 cup oats blended — 8p / 45c / 4f
- 2 egg whites + 1 whole egg — 13p / 2c / 5f
- 1/4 cup Greek yogurt + 1 tsp maple syrup topping — 2p / 5c / 0f

LUNCH

Turkey Meatballs + Spaghetti Squash

600 cal · 50p / 70c / 14f

- 6 oz lean ground turkey — 42p / 0c / 8f
- 1 cup cooked spaghetti squash — 2p / 10c / 0f
- 1/2 cup marinara — 2p / 10c / 2f
- 1 oz shredded mozzarella — 7p / 2c / 4f
- 1 tsp olive oil — 0p / 0c / 5f
- Fresh basil

SNACK

Cottage Cheese + Fruit + Crackers

300 cal · 25p / 30c / 5f

- 1 cup 1% cottage cheese — 20p / 10c / 2f
- 1 cup pineapple chunks — 0p / 15c / 0f
- 5 whole wheat crackers — 2p / 5c / 3f

DINNER

BBQ Salmon & Rice Bowl

1,035 cal · 65p / 145c / 32f

- 7 oz grilled salmon — 43p / 0c / 14f
- 2.5 cups jasmine rice — 10p / 115c / 0f
- 1/2 cup roasted corn — 2p / 20c / 2f
- 1 tbsp BBQ sauce — 0p / 10c / 0f
- 1 tbsp olive oil — 0p / 0c / 9f
- 1 cup broccoli — 3p / 5c / 0f

DAILY CALORIE RANGE

2500-3200

BUILD & PERFORMANCE PROTOCOLS

Drive size, output, and recovery. Earn every gram of growth.

BUILD · PERFORMANCE

2,500 CAL / 185G PROTEIN

Macros: 185p (740 cal), 335c (1,340 cal), 55f (495 cal) → 2,575 calories

185g

PROTEIN

Floor

335g

CARBS

Performance fuel

55g

FAT

Hormonal floor

BREAKFAST**Egg White Scramble + Bagel**

525 cal · 40p / 60c / 6f

- 1 cup egg whites + 1 whole egg — 30p / 2c / 5f
- 1 whole wheat bagel — 12p / 50c / 2f
- 1 oz low-fat cream cheese — 3p / 8c / 1f
- Spinach + onions sautéed in spray — 0p / 0c / 0f

LUNCH**Chicken Burrito Bowl**

600 cal · 50p / 65c / 10f

- 6 oz grilled chicken breast — 52p / 0c / 3f
- 1 cup brown rice — 5p / 45c / 1f
- 1/2 cup black beans — 8p / 20c / 0f
- 1/2 cup corn — 2p / 20c / 2f
- 1 tbsp salsa — 0p / 2c / 0f
- 1 tsp olive oil — 0p / 0c / 5f

SNACK**Greek Yogurt + Granola**

300 cal · 25p / 30c / 4f

- 1 cup 0% Greek yogurt — 20p / 7c / 0f
- 1/2 cup granola — 5p / 23c / 4f

DINNER**Steak & Mashed Potatoes + Shrimp Pasta Combo**

1,150 cal · 70p / 180c / 35f

- 5 oz lean sirloin steak — 38p / 0c / 8f
- 1 cup mashed potatoes — 4p / 35c / 5f
- 1 cup green beans — 2p / 6c / 0f
- 1 tsp butter — 0p / 0c / 5f
- 4 oz grilled shrimp — 24p / 0c / 1f
- 1 cup whole wheat pasta — 8p / 40c / 1f
- 1/2 cup light marinara sauce — 2p / 10c / 1f
- 1 tsp olive oil — 0p / 0c / 5f

BUILD · PERFORMANCE

2,600 CAL / 190G PROTEIN

Macros: 190p (760 cal), 350c (1,400 cal), 55f (495 cal) → 2,655 calories

190g

PROTEIN

Floor

350g

CARBS

Performance fuel

55g

FAT

Hormonal floor

BREAKFAST

Protein Waffles + Yogurt

550 cal · 40p / 65c / 8f

- 1 scoop whey protein — 25p / 3c / 1f
- 1/2 cup oats — 5p / 30c / 2f
- 2 egg whites + 1 whole egg — 13p / 2c / 5f
- 1/2 cup blueberries — 0p / 10c / 0f
- 1/4 cup Greek yogurt as topping — 2p / 5c / 0f

LUNCH

Chicken Stir-Fry

625 cal · 50p / 75c / 12f

- 7 oz grilled chicken breast — 61p / 0c / 4f
- 2 cups jasmine rice — 8p / 80c / 0f
- 1.5 cups mixed stir-fry veggies — 3p / 10c / 0f
- 1 tbsp light soy sauce — 2p / 2c / 1f
- 1 tsp sesame oil — 0p / 0c / 4f
- 1 tsp olive oil — 0p / 0c / 5f

SNACK

Turkey Burger Wrap

300 cal · 25p / 25c / 8f

- 4 oz 93% lean ground turkey patty — 25p / 0c / 6f
- 1 small whole wheat tortilla — 2p / 13c / 2f
- Lettuce + tomato + mustard

DINNER

BBQ Salmon + Chili Mac

1,180 cal · 75p / 185c / 27f

- 5 oz grilled salmon — 31p / 0c / 8f
- 1 tbsp BBQ sauce — 0p / 10c / 0f
- 2 oz whole wheat pasta — 7p / 40c / 1f
- 3 oz lean ground beef — 21p / 0c / 6f
- 1/2 cup black beans — 8p / 20c / 0f
- 1/2 cup marinara — 2p / 10c / 2f
- 1 cup spinach — 2p / 5c / 0f
- 1 tsp olive oil — 0p / 0c / 5f

BUILD · PERFORMANCE

2,700 CAL / 195G PROTEIN

Macros: 195p (780 cal), 370c (1,480 cal), 55f (495 cal) → 2,755 calories

195g

PROTEIN

Floor

370g

CARBS

Performance fuel

55g

FAT

Hormonal floor

BREAKFAST

Breakfast Tacos

575 cal · 40p / 55c / 12f

- 1 whole egg + 4 egg whites — 28p / 2c / 7f
- 3 oz turkey sausage crumbles — 18p / 2c / 5f
- 2 small corn tortillas — 4p / 20c / 2f
- 1/4 cup salsa + peppers + onions — 2p / 6c / 0f

LUNCH

Light Chicken Alfredo

650 cal · 55p / 80c / 10f

- 6 oz grilled chicken breast — 52p / 0c / 3f
- 2 cups whole wheat pasta — 16p / 80c / 2f
- 1/4 cup light Alfredo sauce — 2p / 10c / 3f
- 1 cup zucchini noodles — 2p / 5c / 0f
- Garlic + seasoning

SNACK

Shrimp Fried Rice

400 cal · 30p / 50c / 6f

- 4 oz grilled shrimp — 24p / 0c / 1f
- 1 cup jasmine rice — 4p / 40c / 0f
- 1 scrambled egg white — 4p / 0c / 0f
- 1 cup peas + carrots — 2p / 10c / 0f
- 1 tsp sesame oil — 0p / 0c / 5f

DINNER

Sirloin Steak & Potato Plate

1,130 cal · 70p / 185c / 27f

- 6 oz lean sirloin steak — 45p / 0c / 12f
- 2 large baked potatoes — 8p / 74c / 0f
- 2 cups jasmine rice — 8p / 90c / 0f
- 1 cup green beans — 2p / 6c / 0f
- 1 tsp butter — 0p / 0c / 5f
- 1 tsp olive oil — 0p / 0c / 5f

BUILD · PERFORMANCE

2,800 CAL / 200G PROTEIN

Macros: 200p (800 cal), 390c (1,560 cal), 55f (495 cal) → 2,855 calories

200g

PROTEIN

Floor

390g

CARBS

Performance fuel

55g

FAT

Hormonal floor

BREAKFAST

Smash Burger Bowl

650 cal · 45p / 55c / 18f

- 5 oz 93% lean ground beef — 33p / 0c / 9f
- 1 cup jasmine rice — 4p / 40c / 0f
- 1 cup shredded lettuce + tomato + pickle — 2p / 6c / 0f
- 1 tbsp light ketchup + mustard — 0p / 5c / 0f
- 1 tsp olive oil — 0p / 0c / 5f
- 1 tsp light mayo drizzle — 0p / 0c / 4f

LUNCH

Chicken Curry + Rice

725 cal · 55p / 90c / 14f

- 7 oz grilled chicken breast — 61p / 0c / 4f
- 2 cups jasmine rice — 8p / 90c / 0f
- 1/2 cup light coconut milk curry sauce — 2p / 10c / 10f
- 1 cup steamed spinach — 2p / 5c / 0f

SNACK

Tuna Poke Bowl

375 cal · 35p / 40c / 6f

- 5 oz sushi-grade tuna — 30p / 0c / 2f
- 1 cup white rice — 4p / 40c / 0f
- 1 tsp sesame seeds — 1p / 0c / 4f
- Cucumber + soy sauce drizzle

DINNER

Lean BBQ Ribs + Potato Wedges

1,105 cal · 65p / 205c / 17f

- 6 oz pork loin ribs (trimmed lean) — 40p / 0c / 10f
- 1.5 cups baked potato wedges — 8p / 75c / 2f
- 2 cups jasmine rice — 8p / 90c / 0f
- 1 cup asparagus — 3p / 5c / 0f
- 2 tbsp BBQ sauce — 0p / 20c / 0f
- 1 tsp olive oil — 0p / 0c / 5f

BUILD · PERFORMANCE

2,900 CAL / 205G PROTEIN

Macros: 205p (820 cal), 405c (1,620 cal), 55f (495 cal) → 2,935 calories

205g

PROTEIN

Floor

405g

CARBS

Performance fuel

55g

FAT

Hormonal floor

BREAKFAST

Breakfast Burrito Plate

675 cal · 45p / 65c / 16f

- 1 whole egg + 5 egg whites — 32p / 2c / 8f
- 3 oz lean ground turkey — 22p / 0c / 3f
- 1 large whole wheat tortilla — 8p / 45c / 3f
- 1/4 cup salsa + peppers + onions — 2p / 8c / 0f
- 1 tbsp shredded cheese — 3p / 0c / 2f

LUNCH

Chicken Teriyaki Stir-Fry

725 cal · 55p / 95c / 10f

- 7 oz grilled chicken breast — 61p / 0c / 4f
- 2 cups jasmine rice — 8p / 90c / 0f
- 1 cup broccoli + carrots — 3p / 10c / 0f
- 2 tbsp teriyaki sauce — 0p / 10c / 0f
- 1 tsp sesame oil — 0p / 0c / 5f

SNACK

Turkey Meatball Sub

425 cal · 35p / 45c / 7f

- 5 oz lean ground turkey meatballs — 42p / 0c / 5f
- 1 small whole wheat sub roll — 8p / 40c / 2f
- 1/4 cup marinara sauce — 1p / 5c / 0f
- Fresh basil

DINNER

Grilled Salmon Teriyaki Bowl

1,110 cal · 70p / 200c / 22f

- 6 oz grilled salmon — 37p / 0c / 10f
- 3 cups jasmine rice — 12p / 135c / 0f
- 1 cup zucchini + snap peas — 3p / 10c / 0f
- 2 tbsp teriyaki sauce — 0p / 10c / 0f
- 1 tsp olive oil — 0p / 0c / 5f
- 1 tsp butter — 0p / 0c / 5f

BUILD · PERFORMANCE

3,000 CAL / 210G PROTEIN

Macros: 210p (840 cal), 430c (1,720 cal), 55f (495 cal) → 3,055 calories

210g

PROTEIN

Floor

430g

CARBS

Performance fuel

55g

FAT

Hormonal floor

BREAKFAST

High-Protein Breakfast Sandwich

700 cal · 45p / 65c / 14f

- 1 whole egg + 5 egg whites — 32p / 2c / 8f
- 3 oz turkey sausage patty — 18p / 2c / 6f
- 2 slices whole wheat bread — 8p / 30c / 2f
- 1 slice low-fat cheese — 5p / 2c / 2f
- 1 medium apple — 0p / 15c / 0f

LUNCH

Steak Fajita Bowl

775 cal · 55p / 90c / 16f

- 6 oz lean flank steak — 45p / 0c / 12f
- 2 cups jasmine rice — 8p / 90c / 0f
- 1 cup peppers + onions sautéed — 2p / 10c / 0f
- 1 tsp olive oil — 0p / 0c / 5f
- Salsa + lime

SNACK

Shrimp Tacos

400 cal · 30p / 40c / 6f

- 4 oz grilled shrimp — 24p / 0c / 1f
- 2 small corn tortillas — 4p / 20c / 2f
- 1/4 avocado — 1p / 5c / 3f
- Cabbage slaw + lime — 1p / 5c / 0f

DINNER

Chicken Parmesan + Pasta

1,180 cal · 80p / 135c / 19f

- 7 oz grilled chicken breast, baked w/ 1 oz mozzarella — 60p / 5c / 6f
- 2.5 cups whole wheat pasta — 20p / 100c / 3f
- 1/2 cup marinara sauce — 2p / 10c / 1f
- 1 tsp olive oil — 0p / 0c / 5f
- 1 cup roasted zucchini — 2p / 5c / 0f
- 1 tsp parmesan sprinkle — 1p / 0c / 1f

BUILD · PERFORMANCE

3,100 CAL / 215G PROTEIN

Macros: 215p (860 cal), 445c (1,780 cal), 55f (495 cal) → 3,135 calories

215g

PROTEIN

Floor

445g

CARBS

Performance fuel

55g

FAT

Hormonal floor

BREAKFAST

Breakfast Burrito Skillet

725 cal · 45p / 70c / 15f

- 1 whole egg + 5 egg whites — 32p / 2c / 8f
- 3 oz lean ground turkey — 22p / 0c / 3f
- 2 small corn tortillas, cut into strips — 4p / 20c / 2f
- 1 medium potato, diced & roasted — 4p / 35c / 0f
- Salsa + peppers + onions — 2p / 10c / 0f
- 1 tsp olive oil — 0p / 0c / 5f

LUNCH

Chicken Stir-Fry Noodles

800 cal · 60p / 100c / 14f

- 7 oz grilled chicken breast — 61p / 0c / 4f
- 2 cups cooked rice noodles — 8p / 90c / 2f
- 1 cup broccoli + snap peas + carrots — 3p / 10c / 0f
- 2 tbsp light soy sauce — 2p / 5c / 1f
- 1 tsp sesame oil — 0p / 0c / 5f
- 1 tsp olive oil — 0p / 0c / 5f

SNACK

Tuna Pasta Salad

425 cal · 35p / 45c / 7f

- 1 can tuna in water — 28p / 0c / 1f
- 1 cup cooked whole wheat pasta — 8p / 40c / 1f
- 1 tbsp light mayo — 0p / 0c / 5f
- Celery + onion — 0p / 5c / 0f

DINNER

BBQ Pulled Pork + Rice & Veg

1,185 cal · 75p / 130c / 19f

- 6 oz pork tenderloin, shredded — 42p / 0c / 6f
- 1 tbsp light BBQ sauce — 0p / 10c / 0f
- 2.5 cups jasmine rice — 10p / 115c / 0f
- 1 cup corn — 2p / 30c / 2f
- 1 cup green beans — 2p / 6c / 0f
- 1 tsp olive oil — 0p / 0c / 5f
- 1 tsp butter — 0p / 0c / 5f

BUILD · PERFORMANCE

3,200 CAL / 220G PROTEIN

Macros: 220p (880 cal), 465c (1,860 cal), 55f (495 cal) → 3,235 calories

220g

PROTEIN

Floor

465g

CARBS

Performance fuel

55g

FAT

Hormonal floor

BREAKFAST

Protein French Toast

725 cal · 45p / 85c / 12f

- 4 slices whole wheat bread — 16p / 60c / 4f
- 1 whole egg + 5 egg whites — 32p / 2c / 8f
- Cinnamon + vanilla extract — 0p / 2c / 0f
- Sugar-free syrup — 0p / 10c / 0f
- 1 scoop whey protein, mixed into batter — 25p / 3c / 1f

LUNCH

Salmon Poke Bowl

775 cal · 55p / 90c / 15f

- 6 oz sushi-grade salmon — 37p / 0c / 12f
- 2 cups sushi rice — 8p / 80c / 0f
- 1/2 cup edamame — 8p / 10c / 2f
- 1/4 avocado — 1p / 5c / 3f
- Soy sauce + cucumber + scallions

SNACK

Turkey Chili Mac

450 cal · 40p / 45c / 8f

- 4 oz lean ground turkey — 28p / 0c / 3f
- 1 cup whole wheat pasta — 8p / 40c / 1f
- 1/4 cup marinara sauce — 1p / 5c / 1f
- Chili seasoning

DINNER

Ribeye Steak + Potatoes & Rice

1,285 cal · 80p / 245c / 20f

- 7 oz ribeye steak — 50p / 0c / 15f
- 2 medium baked potatoes — 8p / 74c / 0f
- 2 cups jasmine rice — 8p / 90c / 0f
- 1 cup asparagus — 3p / 5c / 0f
- 1 tsp butter — 0p / 0c / 5f

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