



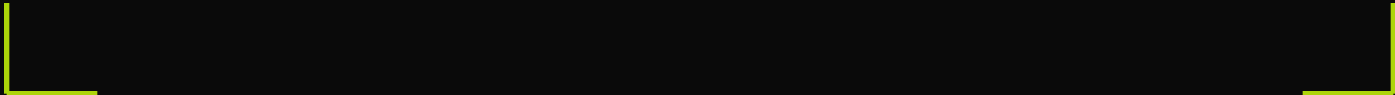
ELITE PERFORMANCE **NUTRITION PROTOCOL**

Linebackers & Defensive Linemen

250–280 LBS LEAN | <15% BODY FAT

COLLEGE & NFL COMBINE PREPARATION
AGES 17–30 | HIGH-PERFORMANCE ATHLETES

TRENCH MOB





NUTRITIONAL FRAMEWORK

Built for high-performance athletes who need to carry serious size while staying explosive, mobile, and under 15% body fat. At this size and activity level, daily targets range from 4,500–6,000+ calories depending on training volume and individual metabolism.

MACRO	DAILY TARGET	PURPOSE
PROTEIN	250–300g	Muscle repair, satiety, thermic effect
CARBOHYDRATES	450–650g	Fuel for practice, lifts, and recovery
FATS	120–160g	Hormone optimization, joint health, sustained energy
FIBER	35–50g	Gut health, digestion, inflammation control
WATER	1–1.5 gallons	Hydration, nutrient transport, performance

THE DAILY PROTOCOL

Six strategically timed meals designed to maximize anabolism, fuel performance, and maintain sub-15% body composition. Each meal serves a specific physiological purpose in the 24-hour performance cycle.

MEAL 1 7:00 AM Power Breakfast	MEAL 2 10:00 AM Mid-Morning Fuel	MEAL 3 1:00 PM Pre-Training Power	MEAL 4 4–5:00 PM Intra/Post-Training	MEAL 5 7:00 PM Dinner: Anabolic Anchor	MEAL 6 10:00 PM Before Bed
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**MEAL 1 — POWER BREAKFAST****7:00 AM****GOAL:** Break the fast, fuel the morning, spike muscle protein synthesis

FOOD	PORTION	PROTEIN	CARBS	FATS
Whole eggs	5 large	30g	0g	25g
Egg whites	1 cup	25g	2g	0g
Oatmeal (dry)	1.5 cups	10g	80g	5g
Banana	1 large	1g	30g	0g
Peanut butter	2 tbsp	8g	7g	16g
MEAL TOTAL		74g	119g	46g

ALTERNATIVE: Steak & potato hash — 10 oz lean sirloin, 2 medium sweet potatoes, 3 whole eggs, sautéed peppers & onions in olive oil.**MEAL 2 — MID-MORNING FUEL****10:00 AM****GOAL:** Keep anabolism high, prevent catabolism

FOOD	PORTION	PROTEIN	CARBS	FATS
Grilled chicken breast	10 oz	70g	0g	3g
White rice (cooked)	2 cups	8g	90g	0g
Steamed broccoli	2 cups	6g	10g	0g
Olive oil (drizzle)	1 tbsp	0g	0g	14g
MEAL TOTAL		84g	100g	17g

ALTERNATIVE: Ground turkey (93/7) — 12 oz with 2 cups pasta, marinara sauce, side salad with avocado.

**MEAL 3 — PRE-TRAINING POWER****1:00 PM**

GOAL: Maximize glycogen for afternoon practice/lift. Keep fats moderate — too much fat pre-workout slows gastric emptying.

FOOD	PORTION	PROTEIN	CARBS	FATS
Salmon or tilapia	10 oz	60g	0g	15g
Jasmine rice (cooked)	2.5 cups	10g	115g	0g
Asparagus / green beans	2 cups	4g	12g	0g
MEAL TOTAL		74g	127g	15g

MEAL 4 — INTRA/POST-TRAINING**4–5:00 PM**

GOAL: Rapid recovery, glycogen replenishment, muscle repair. This is your highest-carb meal. Don't fear the sugar here — it's going straight to muscle glycogen.

FOOD	PORTION	PROTEIN	CARBS	FATS
Whey isolate protein	2 scoops	50g	4g	2g
Gatorade or fruit juice	32 oz	0g	80g	0g
White rice or bagels	1 cup rice / 2 bagels	8g	90g	2g
Honey	2 tbsp	0g	35g	0g
MEAL TOTAL		58g	209g	4g

**MEAL 5 — DINNER: THE ANABOLIC ANCHOR****7:00 PM****GOAL:** Slow-digesting protein, micronutrients, anti-inflammatory fats

FOOD	PORTION	PROTEIN	CARBS	FATS
Ribeye or lean ground beef (90/10)	12 oz	80g	0g	40g
Baked sweet potato	2 large	6g	80g	0g
Large mixed salad	3 cups	3g	10g	0g
Olive oil & balsamic	2 tbsp oil	0g	0g	28g
MEAL TOTAL		89g	90g	68g

ALTERNATIVE: Bison — 12 oz with roasted potatoes, Brussels sprouts, and a side of Greek yogurt.**MEAL 6 — BEFORE BED****10:00 PM****GOAL:** Anti-catabolic sleep fuel, slow amino acid release

FOOD	PORTION	PROTEIN	CARBS	FATS
Casein protein or Greek yogurt	2 cups / 2 scoops	50g	12g	2g
Almonds or walnuts	1 oz	6g	4g	14g
Berries (blueberries/strawberries)	1 cup	1g	20g	0g
MEAL TOTAL		57g	36g	16g

ALTERNATIVE: Cottage cheese (2 cups) with pineapple and 1 tbsp almond butter.



DAILY MACRO SUMMARY

Adjust portions up or down by 10–20% based on your current weight trend. If you're not gaining ~0.5–1 lb per week, add 300–500 calories. If you're gaining fat too fast, pull 200–300 calories from carbs.

~436g

PROTEIN

~681g

CARBOHYDRATES

~166g

FATS

~5,600 kcal

TOTAL CALORIES

SUPPLEMENT STACK

Optional but highly effective additions to maximize recovery, performance, and body composition.

SUPPLEMENT	DOSAGE	TIMING	PURPOSE
Creatine Monohydrate	5g daily	Any time	Strength, power, cell volumization
Whey Isolate	2 scoops	Post-workout	Fast protein when whole food isn't practical
Fish Oil (EPA/DHA)	3g daily	With meals	Joint health, inflammation, CNS recovery
Vitamin D3	4,000–5,000 IU	Morning	Testosterone support, immune function
Magnesium Glycinate	400mg	Before bed	Sleep quality, muscle relaxation, CNS recovery
Electrolytes	As needed	During practice	Sodium, potassium, magnesium for cramp prevention

THE EYE TEST RULES

Non-negotiable principles that separate the prospects from the players. These are what college and NFL coaches look for before they ever see a stat sheet.

1**NO LIQUID CALORIES EXCEPT PERI-WORKOUT**

Soda, juice, sweet tea, and alcohol are out. They spike insulin without providing satiety or nutrients. Your calories must come from whole food that builds tissue.

2**EVERY MEAL MUST HAVE A PROTEIN SOURCE**

If it doesn't have 40g+ of protein, it's not a meal — it's a snack. Protein is the building block. Without it, you're just eating calories, not building muscle.

3**CARBS ARE EARNED**

On rest days or light days, drop carbs by 30–40% and increase healthy fats slightly. Your body doesn't need 600g of carbs on a day you're not training.

4**SLEEP 8+ HOURS**

Growth hormone peaks in deep sleep. You can eat perfectly and still look soft if you're sleeping 5 hours. Recovery is where growth happens.

5**WEIGH YOURSELF WEEKLY — SAME TIME, SAME CONDITIONS**

Don't chase the scale daily. Look for trends over 2–3 weeks. The mirror and the tape measure matter more than the number.



GAMEDAY & COMBINE WEEK PROTOCOL

The final 72 hours before a critical evaluation require precision. This isn't the time to experiment — it's the time to execute what you've rehearsed.

PHASE	TIMING	PROTOCOL
Hydration Phase	3 Days Out	Drop sodium slightly. Increase water to 2 gallons. Carbs stay high (600–700g).
Glycogen Peak	Day Before	Keep carbs high (600–700g). Moderate protein. Low fiber to reduce GI bulk. Visualize your best performance.
Execution Day	Day Of	Light, familiar breakfast (eggs, oatmeal, banana). Sip electrolytes. Avoid anything new.

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THE STANDARD

At ages 17–30, your testosterone is naturally high. Don't waste it. The foundation is simple, but simple doesn't mean easy:

- **Consistency** — Hit your calories 90% of the time, not 60%
- **Progressive Overload** — You can't diet your way to 280 lbs lean
- **Recovery** — Sleep and stress management are as important as the meal plan

This isn't a 'bulk' plan — it's a performance body composition protocol. The goal isn't just weight. It's walking into a room at 265 lbs with abs still visible, veins in your arms, and the mobility to drop into a stance and chase down a running back.

STICK TO THIS FOR 12–16 WEEKS.
TRAIN LIKE YOUR SCHOLARSHIP DEPENDS ON IT.
THE EYE TEST WILL TAKE CARE OF ITSELF.

