

Nutritional Recommendations and Meal Options

Don't count calories all Kilojoules just eat **REAL FOOD** (no processed food, nothing from a packet), eat food that is Fresh and still has life in it.

The Key to **FUELING for PERFORMANCE** is in **PREPARATION**. Pack your meals ahead of time. Even if you have to choose one day a week to cook and freeze so the meals are there ready to **GRAB & GO**.

Carbohydrate = Energy. 25 – 30 % of your food should be from wholesome carbohydrate, mainly vegetables and whole grains, rice and some fruit. (Some = Small amount)

Increase your Protein – Be sure to have **PROTEIN IN EVERY MEAL**. 40 % of your food should be Protein. Eat Fish at least 3 times a week, eggs, beef, lamb, chicken, turkey etc **Increased protein helps maintain your lean mass (muscle)**. Muscle increases your metabolism.

Adding more lean mass is a good thing.

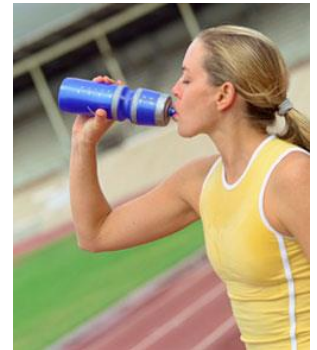
Drink **WATER** and lots of it.

BASICALLY

Enough protein to support muscle growth and tissue repair

The right amount of carbohydrate to support performance and replenish muscle glycogen

The right amount of fat for vital functions like hormone production



Breakfast options



Oatmeal mixed with Gen Tec MACRO PRO 7 protein shake.

Oatmeal and banana or mixed berries.

2 Poached Eggs. Tomato and Baby Spinach on Sourdough toast (1 slice only)

Sourdough Toast, Smashed Avocado and Baked Beans (or replace the beans with Eggs)

1 cup of Sautéed Vegetables in 2 Egg Omelette

Lunch & Dinner Options

Protein Choice with Fresh Vegetables including greens (broccoli, spinach, green beans etc)

Salmon with sweet potato and asparagus

Tuna salad

Oats and Eggs

Beef Casserole with lots of vegetables

3 Egg Omelette with Broccoli and Cauliflower

Greek Salad

Snacks

Yoghurt, handful of nuts (Almonds, Walnuts are good)

Remember Fruit is just sugar and fibre and will cause you to eat more. Fruit is your Treat food.



NEVER TURN UP TO TRAINING HUNGRY

Have your POST TRAINING SHAKE – READY TO MIX and DRINK

