



NUTRITION RULES



EARN YOUR CARBOHYDRATES

CHOOSE GOOD CARBOHYDRATE SOURCES AND HAVE YOUR TRADITIONAL CARBOHYDRATE INTAKE EITHER SIDE OF TRAINING ONLY.

EAT 6/8 PORTIONS OF FRUIT AND VEGETABLES DAILY

DON'T NEGLECT FRUIT AND VEG. EAT MORE VEGETABLES THAN FRUIT AND AIM TO ADD TO EACH MEAL EVERY DAY.

EAT EVERY 3 / 4 HOURS

DON'T SKIP MEALS AND KEEP YOUR BODY FUELLED WITH GOOD FOOD CHOICES EVERY 3 TO 4 HOURS ROUGHLY GIVING YOU 5/6 MEALS PER DAY.

EAT HEALTHY FATS

DON'T FEAR FAT. FAT IS AN ESSENTIAL PART OF OUR DIET. CHOOSE HEALTHY FATS.

EAT PROTEIN EVERY TIME YOU EAT.

EACH MEAL AND SNACK SHOULD CONTAIN A COMPLETE SOURCE OF PROTEIN.

FOCUS ON WHOLE UNPROCESSED FOODS

MOST OF YOUR FOOD CHOICES SHOULD BE WHOLE NATURAL FOODS WITH VERY FEW INGREDIENTS.

MAKE WATER YOUR NUMBER 1 DRINK

LIMIT LIQUID CALORIES TO AROUND TRAINING TIMES ONLY. NO SOFT DRINKS ETC.

PLAN AHEAD

COOKING IN BULK CAN SAVE LOTS OF TIME AND PLAN OUT YOUR FOOD FOR THE DAY AHEAD.