

# NUTRITIOUS FOODS.

## PROTEIN



OILY FISH



CHICKEN



BEEF



SEAFOOD



LENTILS



BEANS

## GOOD CARBS



SWEET POTATO



WHITE POTATO



WHOLEGRAIN BREAD



WHOLEGRAIN PASTA



OATS



BROWN RICE

## HEALTHY FATS



FREE RANGE EGGS



AVOCADO



MIXED NUTS



OLIVE OIL



SEEDS

## VEGGIES



BROCCOLI



SALAD LEAVES



MIXED PEPPERS



TOMATO



GREEN BEANS

## FRUITS



BANANA



APPLE



MIXED BERRIES



MELON



ORANGE

- TRY TO EAT REGULARLY THROUGHOUT THE DAY TO MAINTAIN OPTIMAL ENERGY LEVELS.
- CHOOSE GOOD QUALITY FOODS FROM THE NUTRITIOUS FOODS ON THE REVERSE OF THIS GUIDE.
- TRY TO INCLUDE ALL FOODS GROUPS IN MOST MEALS THROUGHOUT THE DAY, THIS WILL ENSURE YOU ARE GETTING A WELL BALANCED NUTRITIOUS DIET.
- DON'T CUT OUT FOOD GROUPS UNLESS YOU HAVE AN INTOLERANCE OR ALLERGY AND HAVE BEEN ADVISED TO BY A PROFESSIONAL. CUTTING OUT FOOD GROUPS WILL ONLY DEPRIVE YOUR BODY OF IMPORTANT NUTRIENTS.
- FUEL YOUR BODY TO WORKOUT. THIS WILL ALLOW YOU TO BECOME FITTER, STRONGER AND HEALTHIER.
- THE AMOUNT OF OVERALL CALORIES YOU CONSUME PER DAY WILL DETERMINE WHETHER YOU GAIN, MAINTAIN OR LOSE BODY WEIGHT. THE TYPE OF TRAINING YOU DO CAN DETERMINE IF YOU BUILD / TONE MUSCLE AND LOSE BODY FAT.
- THE DAILY REQUIREMENT OF CALORIES IS DIFFERENT FOR EACH PERSON AND CAN DEPEND ON METABOLISM, ACTIVITY LEVELS, BODY WEIGHT AND AGE.
- REMEMBER, YOU CAN STILL CONSUME TOO MUCH CALORIES FROM GOOD FOODS, CAUSING YOUR BODY TO STORE FAT AND GAIN WEIGHT. IT'S IMPORTANT TO ADJUST YOUR MEAL PORTIONS TO SUIT YOUR FITNESS GOALS.
- AVOID EATING SUGARY, PROCESSED AND JUNK FOODS. IT'S EASY TO GO OVER YOUR CALORIE ALLOWANCE EATING THESE TYPE OF FOODS.
- HYDRATE YOURSELF REGULARLY THROUGHOUT THE DAY BY DRINKING WATER. AVOID CARBONATED DRINKS.
- THE RIGHT SUPPLEMENTS CAN OFFER GOOD SUPPORT TO SOME PEOPLES NUTRITIONAL PLANS. WE CAN OFFER ADVICE ON WHETHER SUPPLEMENTS COULD BE BENEFICIAL.
- NUTRITION CAN BE COMPLEX AND DIFFICULT FOR PEOPLE TO GET RIGHT. WE WOULD ALWAYS RECOMMEND GETTING A SPECIFIC NUTRITIONAL PLAN FROM A QUALIFIED NUTRITIONIST.
- THIS IS ONLY A GENERAL NUTRITIONAL GUIDE, IT DOESN'T ACCOUNT FOR INDIVIDUAL FACTORS INCLUDING (BUT NOT LIMITED TO) INTOLERANCES, ALLERGIES, HEALTH CONDITIONS, FOOD BELIEFS AND RELIGIOUS PRACTICES.

## DAILY MEAL EXAMPLE

### BREAKFAST



AVOCADO, EGGS ON TOAST

### LUNCH



SALMON & RICE SALAD

### PRE-WORKOUT POST-WORKOUT



OVERNIGHT OATS



PROTEIN SHAKE

### DINNER



CHICKEN, SWEET POTATO,  
AVOCADO & QUINOA

### PM SNACK



TUNA RICE CAKE