



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.