

WHEN AND WHAT TO EAT MADE EASY

PRE TRAINING (WITHIN 90 MINS)

CHOOSE-

A FRESH (NOT INSTANT) COFFEE WITH ONE T SPOON OF COCONUT OIL

*****IF YOU ARE HUNGRY****

CHOOSE-

SLICE SMOKED SALMON

BOILED EGG

HANFUL OF NUTS

NO CARBOHYDRATE



Complete Personal Training

POST TRAINING MEAL

CHOOSE-

A PROTEIN

POULTRY

FISH/SHELL FISH

RED MEAT

EGGS

AND

A CARBOHYDRATE

SWEET POTATO

QUINOA

BASMATI RICE

PORRIDGE OATS

BUCKWHEAT

ROOT VEG

AND

A VEG

GREEN VEG

COLOURED VEG

ANYTIME MEAL (NOT AROUND TRAINING)

CHOOSE-

A PROTEIN

POULTRY

FISH/SHELL FISH

RED MEAT

AND

A FAT

NUTS/NUT BUTTER

AVOCADO

RAPE SEED OIL

OLIVE OIL

FISH OIL

COCONUT OIL

AND

A VEG

GREEN VEG

APPLE

BERRIES