

FUEL

EAT BIG AT BREAKFAST, LARGE AT LUNCH & DIAL IT DOWN AT DINNER WITH CARBS

- More on high training days, less on rest days
- Main energy source for refuelling
- Assist recovery and boost immune system.
- High fibre sources preferable
- Good for your gut with prebiotic rich fibres

BUILD

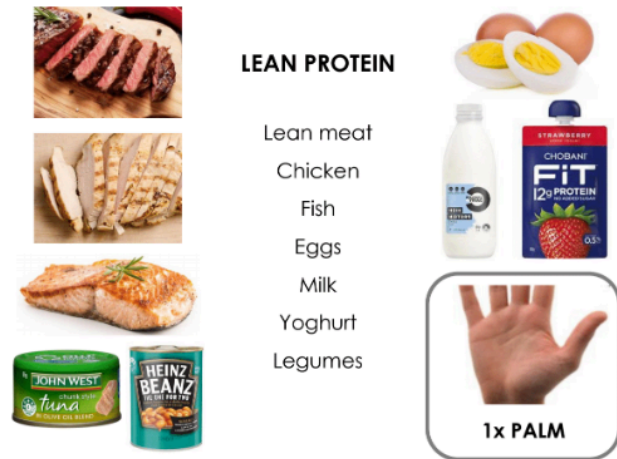
REBUILDING & REPAIRING MUSCLE

- Lean mass and strength gains
- Should be consistent everyday
- Appetite control

NUTRITIOUS CARBOHYDRATES, PREFERABLY WHOLEGRAIN.



LEAN PROTEIN



PROTECT

EAT FATS THAT GIVE BACK

- Anti-inflammatory
- Improves satiety and mental clarity
- Small amounts every day

BOOST

EAT A RAINBOW EVERYDAY

- Minimum 3 different colours at lunch & dinner
- Rich in vitamins, minerals and antioxidants
- Immune boosting
- Healthy athletes train harder and recover faster

HEALTHY FATS



FRUIT AND VEGETABLES

