



## Performance Nutrition Tips

### Guidelines:

To achieve the best results possible, you need to commit to your nutrition. Below are some guidelines as to what to eat for each meal and if you stay between these options I can guarantee you that you will not just feel awesome but you will lose weight and be able to perform at you best.

### Meals:

You need to be eating something at least **every 3 hours** in your day. This can be hard so start planning what to put together and bring to the office or have available at home.

### Portion size:

This can be the silent killer if you are not aware of this. Try and have lots of color on your plate and lollies do not count for color! If you have been putting on weight or staying the same try cutting down your portion size a bit and track your results. Your plate should be made of a good mix of protein, carbs and small amount of healthy fats.

If you leave the table content and not full then you probably have it right.

### Water:

It is getting warmer and there is no excuse for not drinking enough water. You need to be consuming at least 2 L of water each day. Add an extra 1L on the days you are doing boot camp.

### Sleep:

It is vital that you allow your body to recover and perform well please aim to get 8hrs sleep. I know this is sometimes out of your control, but plan to go to bed earlier the nights of boot camp so that you come ready for action.

### Breakfast: Options

1. Oats with non fat or skinny milk with ½ a cup of strawberries
2. Scrambled eggs with 1 whole egg and 4 egg whites + 1 orange
3. Protein Shake with 2 scoops at least of powder and a banana

**Snacks:**

1. Protein shake
2. Rice or corn cakes/cruskets with cottage cheese
3. 1-2 pieces of fruit, (best fruits are strawberries, cantaloupe and water melon).
4. Can of tuna
5. Whole boiled eggs
6. Trail mix
7. Almonds raw

**Lunch:**

1. Tuna and salad
2. Chicken and salad or veg, sweet potato and broccoli
3. Wrap on mountain bread with some sort of meat and salad
4. Stir-fry loaded with meat and veges and small amount of brown rice( no noodles)
5. Subway 6 inch on wheat with roast chicken and salad
6. Mince meat loaded with finely cut veges and lettuce leaves to use as the wrap. (San choi Bao)
7. Salmon or tuna sushi and sashimi

**Dinners:**

1. Meat and veges, lean meat
2. Fish
3. Meat and salad
4. Stir-fry loaded with meat and veges

**Desert:**

1. Strawberries and no or low fat yoghurt
2. Protein shake
3. Strawberries and passion fruit