



## Healthy eating plan

A minimum of 8 glasses of water throughout the entire day.

### 1. Breakfast: 7am

| Items to eat/drink  | Reason/explanation  | Nutritional info  |
|---|---|---|
| Small glass of orange juice   | Low GI-give you energy in preparation for morning tea (fruit/vegetable portion)             | Cal 98<br>Sodium 6mg<br>Fat 0.6g<br>Carb 23g<br>Prot 0.4g     |
| Cereal/oats & lite milk   | Higher in GI for instant energy. Protein portion in milk and carbohydrate portion in cereal | Cal 225<br>Sodium 20mg<br>Fat 3.8g<br>Carb 24.9g<br>Prot 5.6g |
| One slice of Burgen wholemeal toasted bread with cream cheese (no butter) | Fibre and assists in general absorption & digestion of breakfast consumed                   | Cal 124<br>Sodium 67mg<br>Fat 4.3g<br>Carb 10.3g<br>Prot 8.6g |

### 2. Morning tea: 9.30-10 am

| Items to eat/drink       | Reason/explanation  | Nutritional info  |
|--------------------------|---|---|
| Small handful of almonds | Low GI-give you energy in preparation for lunch (fruit/vegetable portion) | Cal 32<br>Sodium 67mg<br>Fat 1.3g<br>Carb 1.6g<br>Prot 3.2g |

|                                  |  |   |
|----------------------------------|--|---|
| Protein Shake                    | Protein  | Cal 180<br>Fat 1.0g<br>Carb 21.8g<br>Sodium nil<br>Prot 19.8g |
| Piece of fruit (apple or banana) | Low calorie, high in fibre and assists in general absorption & digestion of breakfast consumed | Cal 78<br>Sodium 2mg<br>Fat 0.2g<br>Carb 20.7g<br>Prot 0.5g   |

### 3. Lunch: 12.30 pm

| Items to eat/drink         | Reason/explanation   | Nutritional info   |
|----------------------------|--|--|
| Lean mince meat with salad | Low calorie, predominantly carbohydrate portion, small protein portion in mince meat<br>Leafy portion to meal in salad | Cal 427<br>Sodium 88mg<br>Fat 5g<br>Carb 26g<br>Prot 21.8g |

### 4. Afternoon tea: 3.30 pm

| Items to eat/drink                  | Reason/explanation  | Nutritional info  |
|-------------------------------------|---|---|
| Low fat yoghurt<br>Water            | Low calorie, low GI<br>Protein portion and low carbohydrate portion | Cal 82<br>Sodium 65mg<br>Fat 0.2g<br>Carb 14g<br>Prot 6g          |
| 4 Rice cakes with cheese and tomato | Carbs and salts for evening jog around neighbourhood perhaps?       | Cal 264<br>Sodium 307 mg<br>Fat 14.6g<br>Carb 28.5g<br>Prot 13.1g |

5. Dinner: 6.00 pm

| Items to eat/drink   | Reason/explanation   | Nutritional info   |
|--|--|--|
| Small portion of grilled chicken breast with boiled/steamed vegetables | Low calorie, protein portion in grilled chicken & carbohydrate portion in vegetables | Cal 484<br>Sodium 127mg<br>Fat 6.1g<br>Carb 0g<br>Prot 53.4g |

6. Supper:

| Items to eat/drink                             | Reason/explanation   | Nutritional info  |
|--|--|---|
| Low fat ricotta cheddar cheese on 2 rice cakes | Low calorie, protein portion in cheese. Carbohydrate portion and fibre in crackers | Cal 82<br>Sodium 184mg<br>Fat 1.4g<br>Carb 11.7g<br>Prot 6.1g |
| Protein Shake                                  | Protein  | Cal 180<br>Fat 1.0g<br>Carb 21.8g<br>Sodium nil<br>Prot 19.8g |

|                                   |          |
|-----------------------------------|----------|
| Total calories consumed:          | 2178 Cal |
| Total sodium intake:              | 866mg    |
| Total fat intake: 42.1g           | 11%      |
| Total protein intake: 158.3g      | 41%      |
| Total carbohydrate intake: 178.4g | 48%      |
| Total food intake                 | 378.8g   |

NOTE: Because of the demand on your body over the 4 weeks you are encouraged to take a multivitamin mid morning, creatine three teaspoons a day, and BCAA Branched chain amino acids for muscle repair and recovery for the level of activity on the body before you go to bed and half an hour post workout.