

Eating Plan 1

- ∞ In addition to the foods listed you should include a minimum of 2 litres of fluid per day plus $\frac{1}{2}$ - 1 litre for each hour of training. Each pre- & post-workout snack should be accompanied by 150-250 ml of water.

Breakfast 7-8am

4 x eggs on brown toast (1 x full egg & 3 whites scrambled)

1 x tea.

Snack 9-10am

1 x bowl of porridge + fruit

Lunch 12-12.30pm

Chicken/tuna/salmon, rice & vegetables or salad

(on Tuesday have Protein shake 30 minutes before training)

Snack 3pm

Cyclone Protein Shake + fruit

Dinner 6pm

Chicken/Fish & vegetables

Snack 9pm

Elite Whey Protein