

# PROTEIN



Protein is necessary for growth, maintenance, and repair of body tissue. Aim for 2g per kg bw everyday, eg 70kg -> 140g protein per day.

Include a full serving of protein (20-30g) in every single snack and meal!!



# FATS



## NOT THE ENEMY!

We need fat for fuel and insulation.  
Decrease risk of heart disease,  
increase brain & immune function.

Healthy fat sources – Fish,  
Red Meat, Nuts, Real Butter,  
Olive/Coconut oil, Eggs,  
Natural Greek Yoghurt & Seeds



# CARBOHYDRATES



**CARBOHYDRATES MAIN  
FUNCTION IS TO FUEL EXERCISE**

## **BROWN = BETTER**

Slower Release  
Oats/Porridge  
Wholegrain Bread  
Sweet potatoes  
Vegetables  
Brown pasta/brown rice  
Quinoa

## **WHITE = WORSE.**

Quick Release  
Sugar  
Any breakfast cereal  
Potatoes/chips/wedges  
White bread, pasta and rice  
Biscuits/cookies  
Fizzy drinks/sports drinks  
Sweets, Bars, Crisps



# BREAKFAST

**BREAK THE FAST!**  
**Don't skip breakfast.**

**Kick start your  
metabolism for the day**

**Ensure you get some  
protein at breakfast**

**Ditch the cereals!**



# SUPPLEMENTATION

**A bad diet  
supplemented  
is still  
a BAD DIET!**

**Focus on  
your 24/7  
nutrition first  
before  
supplementing**



# HYDRATION

**Aim for 3-4 litres  
of water per day.**

**Self monitor urine  
by urine chart**

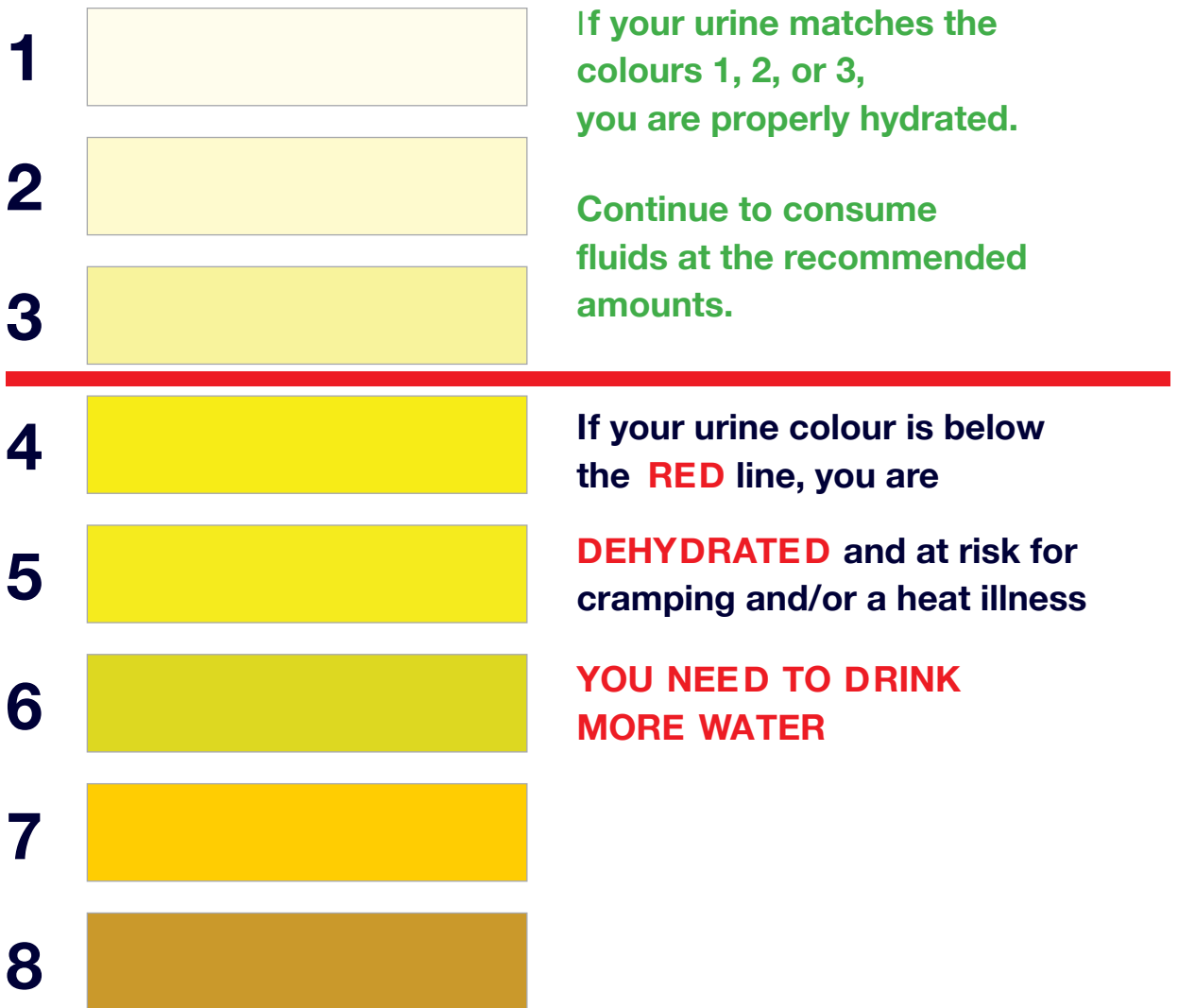
**RE-HYDRATION**

**Take in 1.5 litres  
of water for  
every kilogram lost  
during exercise**



# AM I HYDRATED

## URINE COLOUR CHART



# RECOVERY

**MAKE THE MOST  
OF YOUR WORKOUTS.**

**2 PHASE RECOVERY PLAN.**

## **PHASE 1**

**IMMEDIATELY POST TRAINING**

You need carbohydrates & protein to take your body from a breaking down status to a building up status

## **PHASE 2**

**2-4 HOURS POST TRAINING**

Full larger meal containing both carbohydrates and protein again regardless of time to continue the recovery process





# FOOD SOURCES

Focus on whole natural foods.

The less ingredients and less processing involved the better.

The longer the shelf life the worse it generally is for you!



# 3 ON 3

Try to eat 3 snacks  
in between your  
3 main meals a day.

Breakfast > Snack  
> Lunch > Snack  
> Dinner > Snack

6 meals a day will help  
you reach your protein  
requirements each  
day and make you  
less likely to binge eat.



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