

Goal oriented diet plans & eating habits for your health & wellbeing

NUTRITION AIMED TO INCREASE ENERGY & ENDURANCE

NUTRITION
FOR YOUR
EVOLUTION



PLANT BASED PROTEIN

PROTEIN PER 100G

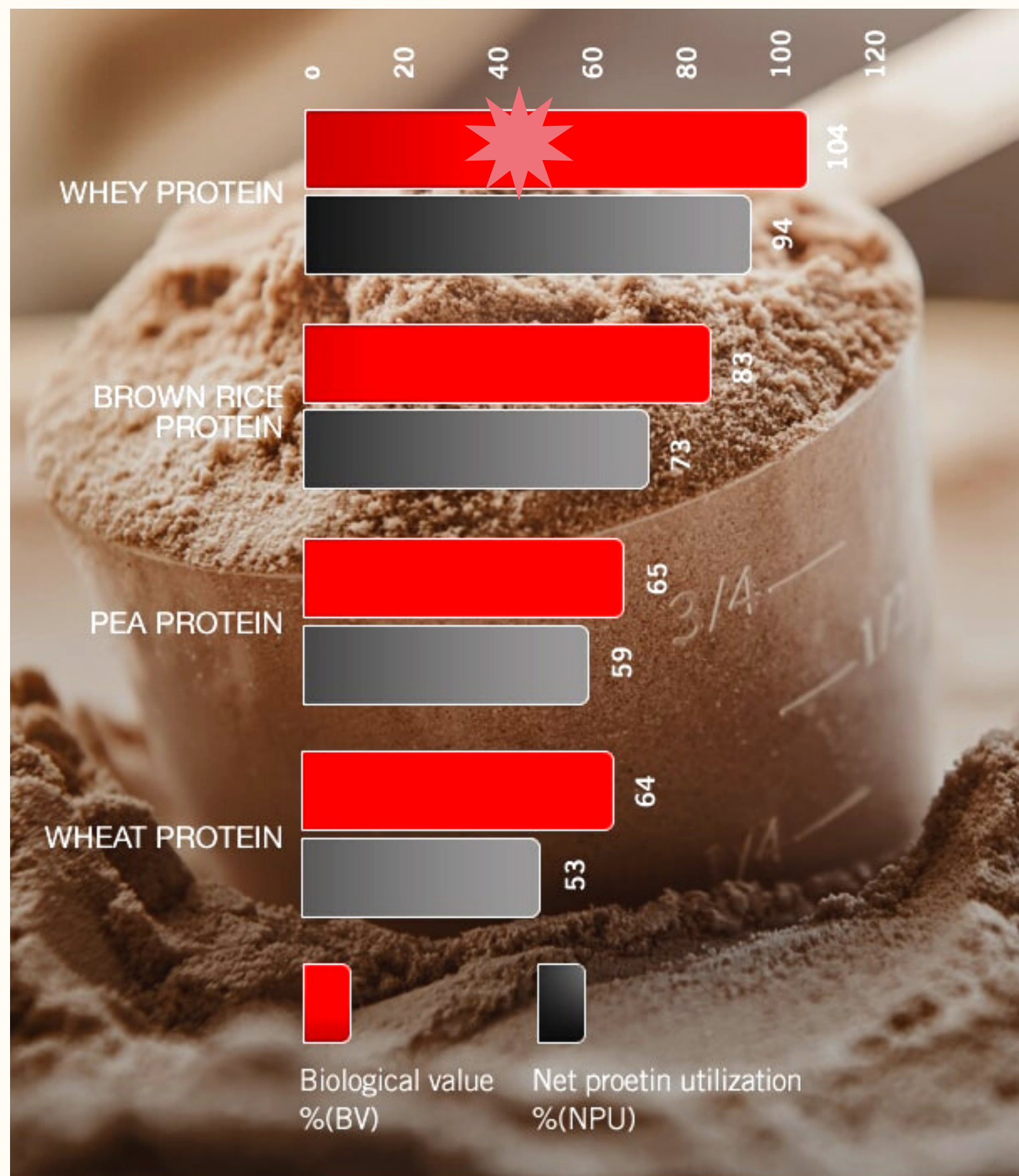
CHICKPEAS  7g protein	OATS  11g protein	TOFU  13g protein
BROWN RICE  3g protein	QUINOA  4g protein	LENTILS  6g protein
CASHEWS  18g protein	PEANUT BUTTER  28g protein	ALMONDS  29g protein
AVOCADO  2g protein	BROCCOLI  4g protein	EDAMAME  12g protein

ANIMAL BASED PROTEIN

EGGS  14g protein	TURKEY MINCE  25g protein	CHICKEN BREAST  25g protein
PRAWNS  18g protein	TUNA  25g protein	SALMON  25g protein
PORK CHOP  19g protein	RIBEYE  19g protein	DUCK  27g protein
SEMI SKIMMED MILK  4g protein	GREEK YOGURT  9g protein	EDAM CHEESE  26g protein

**ENDURANCE ATHLETES
(WHO EXERCISE FOR MORE
THAN 2 HOURS/DAY) SHOULD
INTAKE BETWEEN 1.2 G AND
1.5 G OF PROTEINS PER EACH
KG OF THEIR BODY WEIGHT.
STRENGTH BUILDING
ATHLETES: 1.2 TO 2G PER KG.**

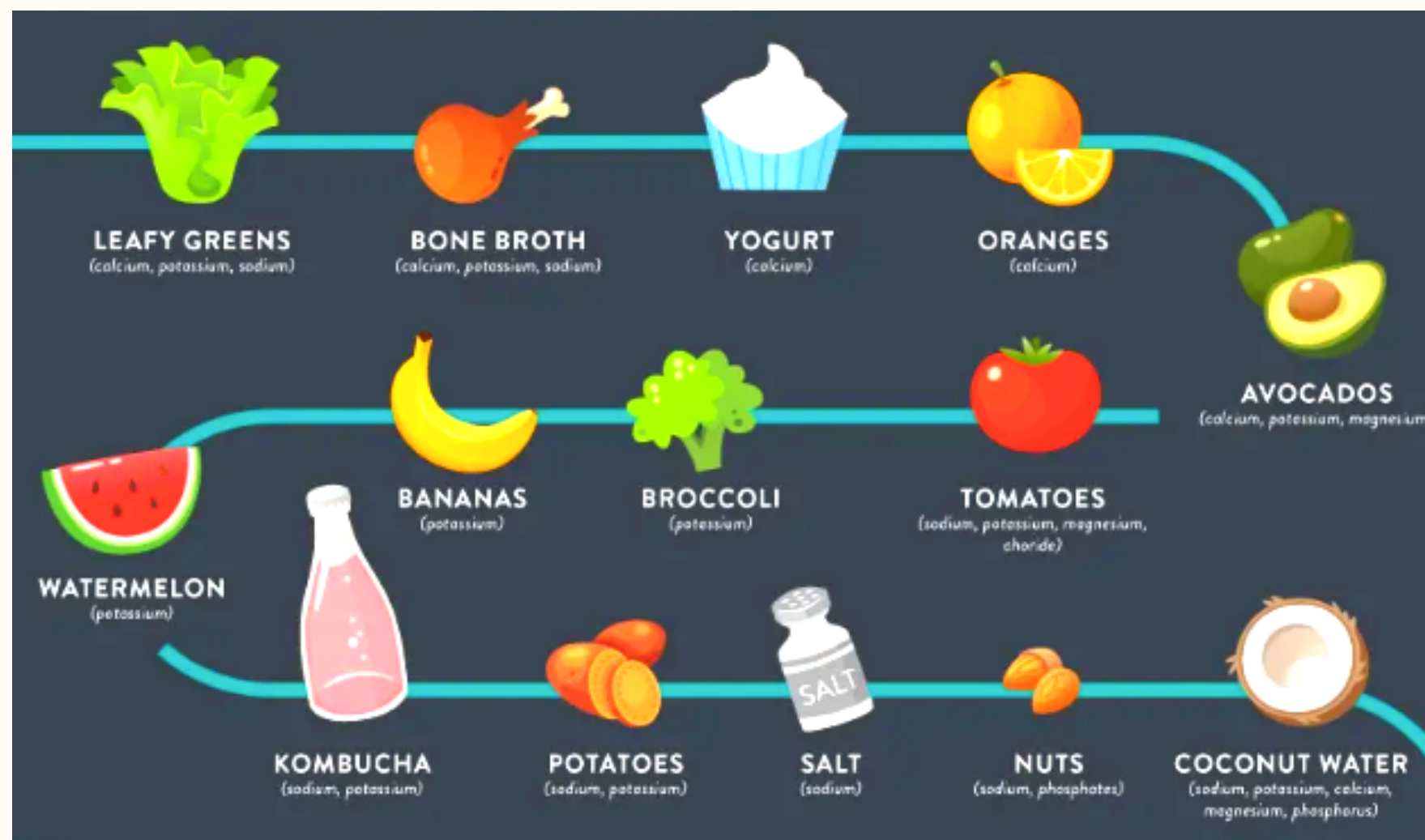
**ANIMAL FOOD PRODUCTS
HAVE HIGHER PROTEIN AND
CALORIES DENSITY THAN
PLANT FOOD PRODUCTS.**



PROTEIN CONCENTRATION IN VEGETARIAN POWDERS:

- **WHEY (ISOLATE 93%, CONCENTRATE 80%)**
- **SOYA (90%)**
- **BEENS (88%)**
- **PEAS (70%)**
- **HEMP (49%)**
- **RICE (81%).**

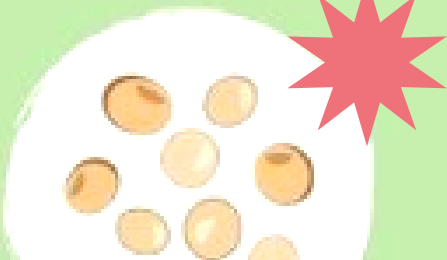
THESE CAN BE MIXED WITH WATER/MILK AND COFFE FOR A PROTEIN DRINK



KOMBUCHA, COCONUT AND WATERMELON JUICES, SALT, ARE RICH IN ELECTROLYTES

ELECTROLYTES ARE MINERALS THAT CONDUCT ELECTRICITY IN OUR BODY THROUGH WATER, HELPING US TO STAY HYDRATE. WHEN WE SWEAT, WE NEED TO REPLENISH THEM, WHILE ALSO DRINKING WATER.

THE MAIN ONES ARE: POTASSIUM, SODIUM, MAGNESIUM, CHLORIDE, CALCIUM, PHOSPHATE

 Grass Fed Ground Beef 2mg /100g	 Chicken Liver 11mg /100g	 Dark Turkey Meat 1.4mg /100g
 Pork Chop 0.7mg /100g	 Canned Sardines 2.9mg /100g	 Canned Tuna 1.07mg /100g
Non Heme- iron - not so easily absorbed		
 Weetbix (TM) 3 mg / (2) 30g	 Lentils (cooked) 3.3 mg /100g	 Chickpeas 2.7 mg /1 cup

IRON IS HIGHER AND EASIER TO ABSORBED WHEN TAKEN FROM ANIMAL SOURCES.

HOWEVER, IT'S BEST TO EAT POULTRY ONLY 2X A WEEK; RED MEAT OCCASIONALLY; CANNED FOOD IS TO AVOID (AS B.P.A. IN THE CAN MIGHT BE PASSED TO FOOD). FRESH FISH AND GRAINS 3-4X PER WEEK, LEGUMES EVEN DAILY.



WHOLE GRAIN TOAST, SLICED BANANA AND CINNAMON



FRUIT WITH GREEK YOGURT



OATMEAL WITH FRUIT

PRE-WORKOUT IT'S BETTER TO EAT AS LITTLE AS POSSIBLE: EAT SNACKS HIGH IN GLUCOSE, SUCH AS HONEY, CHOCOLATE OR OATCAKES (OR POTATOES WITH SALT TO RETAIN WATER IN LONG DISTANCE RUNNING). NUTS TO NOT FEEL HUNGRY.

FINISH TO EAT AND DRINK ABUNDANTLY 3 HOURS BEFORE AN ENDURANCE WORKOUT, TO DIGEST



LET'S DO THIS!



THIS COURSE IS FOR EDUCATIONAL PURPOSES. PLEASE CONSULT YOUR PHYSICIAN TO VERIFY IF THE SUGGESTED DIET, EXERCISE, AND/OR LIFESTYLE CHANGES THAT WE PROPOSE ARE SUITABLE TO YOU, CONSIDERING YOUR HEALTH HISTORY AND PERSONAL CIRCUMSTANCES.

