

# NUTRITION FOR WEIGHT LOSS

## General Principle

- 1 portion = The size of your clenched fist
- The key to keeping your weight down during injury is to reduce carbohydrates (i.e. pasta/bread/potatoes/rice/cous cous/cereal) as these foods provide fuel and you need less of them during injury
- Have low carbohydrate protein snack when you get hungry (see examples)
- Drink Sparkling water with meals and in between meals (or when hungry) as this fills you up. Use sparkling water and cordial as a healthy fizzy drink
- Eat 2 g per kg of protein per day e.g. If you weigh 70 kg you need 140 g of protein per day

## BREAKFAST OPTIONS

3 Poached Eggs

1 cup of baked beans

1 piece fruit

1 Yogurt (soy if lactose intolerant)

3 egg + ham + spinach omelette

1 banana

1 Yogurt (soy if lactose intolerant)

High Protein Smoothie (See Recipes)

3 scrambled eggs + 2 grilled bacon rashers + 1 cup baked beans + 1 Yogurt (soy if lactose intolerant) + 1 piece of fruit

## LUNCH OPTIONS

Small bowl soup

1 ½ Fish Portion Baked

2-3 Portions Vegetables/Salad

1 handful rice

1 piece fruit

1 Yogurt (soy if lactose intolerant)

Small bowl soup

1 ½ Chicken Portion

2-3 Portions Vegetables/Salad

1 handful pasta

1 piece fruit

1 Yogurt (soy if lactose intolerant)

Small bowl soup

1 ½ Meat Portion (i.e. Steak)

2-3 Portions Vegetables/Salad

1 handful potatoes

1 piece fruit

1 Yogurt (soy if lactose intolerant)

## DINNER OPTIONS

1 ½ Grilled Fish Portion Baked

2-3 Portions Vegetables/Salad

drizzle olive oil on veg/salad

1 piece fruit

1 pot sugar free jelly

1 ½ Cajun Chicken Portion

2-3 Portions Vegetables/Salad

drizzle olive oil on veg/salad

1 piece fruit

1 Yogurt (soy if lactose intolerant)

1 ½ Rump Steak

2-3 Portions Vegetables/Salad

drizzle olive oil on veg/salad

1 piece fruit

1 Yogurt (soy if lactose intolerant)

## HEALTHY SNACKS

3 slices of lean turkey/ham/beef

2 tbsp cream cheese + smoked salmon + 1 Rye Ryvita Crackers

1 Bounce Ball or 1 Protein Bar

1 Handful Nuts (Almonds, Pistachios, Cashews, Hazelnuts, Walnuts)

High Protein Smoothie (see recipes)

Pot of Sugar-free Jelly

200 g Total 0% Greek Yogurt

200 g (have a soy yogurt if lactose intolerant)

½ pint low fat Milkshake (lactose free milk if lactose intolerant) + 1 piece of fruit

2 Boiled Eggs + season with pepper

1 Dark Rye Ryvita Cracker + 1 tbsp Low fat Philadelphia Cheese or nut butter (i.e. peanut/almond butter)

1 Handful mixed seeds/pumpkin seeds

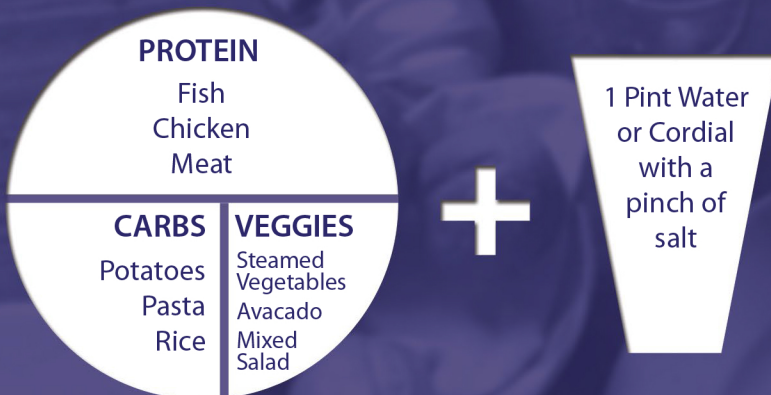
2 slices smoked salmon + 1 Dark Rye Ryvita Cracker

Nakd Bar (available in Holland and Barrett and most supermarkets)

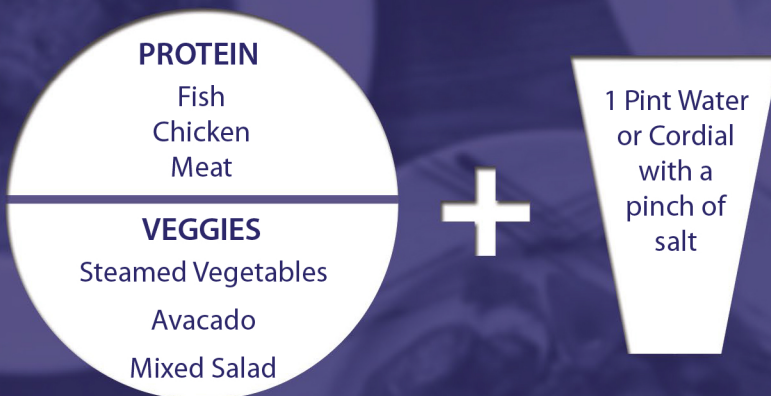
Lettuce Leaf Wrap - 2 slices of deli meat (turkey, chicken, or roast beef work great!) with 1 slice of low fat cheese and a shake of pepper wrapped with a large lettuce leaf

Handful of cherry tomatoes + 1 tbs hummus

Your plate at LUNCH should look like this:



Your plate at DINNER should look like this:



# PERIODISED NUTRITION

- You don't train the same every day so what you eat needs to match the training stimulus.
- For recovery days and easy training days you need to reduce your calories and carbohydrate portions.
- For days that you train hard you need to make sure you increase your carbohydrates and refuel the muscle.

Meal	LOW	MID	HIGH/HARD
Breakfast	4 egg Spanish Omelettes	2 Poached Eggs + 2 handfuls of Porridge + handful of mixed berries	1 Protein Smoothie (see recipe) + 2 handfuls of porridge + raisins and 1 tsp honey
Mid-Morning Snack	200 g Muller Light Yogurt	1 piece of Fruit + handful of mixed nuts	Nakd Bar + Handful dried fruit + nuts
Lunch	Large Salad box with lettuce, cucumber, cherry tomatoes, rocket, olives, avocado + 1 chicken breast or 1 tin Tuna with low fat Mayo	Chicken Salad Wrap + 1 Cup A Soup + 1 piece of fruit	Medium to Large meat and salad sandwich + 1 packet snack-a-jacks + 1 piece of fruit
Mid Afternoon Snack	Handful Cashews or Almonds	Apple Rings with peanut/ almond/cashew butter	1 slice Malt Loaf with 2 tbsp peanut/almond/ cashew butter
Dinner	Lean Grilled Steak (sirloin or rump) + handful steamed green beans + handful steamed broccoli + handful steamed baby corn	Grilled Salmon + handful steamed mangetout + handful steamed Kale/ Spinach + 2 fist size portion of Basmati Rice or Wholemeal Pasta seasoned with herbs	4 Handfuls of chicken and Mushroom Risotto or 4 Handfuls lean beef chilli + Basmati Rice
Supper	200 g Greek Yogurt + handful Berries	200 g Greek Yogurt with 1 tbsp Agave Syrup or Honey and 1 piece of fruit	200 g Greek Yogurt + Handful Muesli + 1 piece of fruit

- Always have a recovery drink after medium to hard sessions ASAP
- For easy/recovery sessions a recovery drink is not needed just have food as soon as you finish the session or a glass of milk is enough as the extra kcal are not needed