

## General Health and Fitness Nutrition Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Scrambled eggs on 1 slice toast. Made with; 4 eggs (only 1 whole egg), 150ml milk, tomatoes, onion, mushroom, big handful of spinach	50g of Oats with 200ml milk and add handful of mixed nuts	Egg omelette, made with 4 eggs (only 1 whole egg), tomatoes, onion, spinach	Fruit; banana, apple, orange, pear and 25g whey protein shake	1. 50g of Oats with 200ml milk and add handful of mixed nuts	1. 2 x Poached eggs on 1 slice of toast with 4 x slices grilled bacon, beans, tomatoes and mushrooms	1. 2-4 x pieces of fruit with yoghurt and 1 x desert spoon of honey and 25g whey protein shake
Snack	25g Whey protein shake	25g Whey protein shake	25g Whey protein shake	Handful of mixed nuts	1. 25g Whey protein shake	1. 25g Whey protein shake	1. Handful of mixed nuts
Lunch	*Chicken and vegetable stir fry; 1 x skinless chicken breast (cut into strips, brocolli, onion, red pepper and bamboo shoots. Season to taste. 1 x apple	Chicken and vegetable soup. Cook thoroughly equivalent of 1 x chicken breast, brocolli, onion, peas, and 1 x green pepper add garlic. Season to taste. Add water and 1 x chicken stock cube to pan and simmer for 10 minutes or until tender. Blend into soup	Seafood stir fry (either with king prawns or tuna). 1 x packet of noodles (thin) to wok. Slice yellow pepper, onion, tomatoes, Season to taste	Tuna and 50-100g pasta with tomato based sauce. Add sweetcorn and sliced salad onions	1. Beef and tomato soup. Cook thoroughly equivalent of 200g beef steaks chopped into small pieces, brocolli, onion, peas, and 1 x green pepper add garlic. Season to taste. Add water and 1 x beef stock cube to pan and simmer for 10 minutes or until tender. Blend into soup	1. 2 x salmon steaks with 1 x small size jacket potato. Either side salad or vegetables i.e. Mixed peas and sweetcorn	1. Sunday roast with no roast potatoes or mash potato. Eat as much veg as possible.
Snack	**200ml of water, 25g whey protein with 5-10g of creatine. 1 x banana	**200ml water, 25g whey protein and 5-10g of creatine	**200ml water, 25g whey protein and 5-10g of creatine	**200ml water, 25g whey protein and 5-10g of creatine	1. **200ml water, 25g whey protein and 5-10g of creatine	1. **200ml water, 25g whey protein and 5-10g of creatine	1. **200ml water, 25g whey protein and 5-10g of creatine
Evening meal	Baked Potato with 1 tin of tuna (freshwater). Add 1 x moderate squirt of mayonnaise	Spaghetti Bolognese with 50-100g of wholemeal spaghetti	2 x Salmon steaks Grilled with green beans or brocolli and boiled potatoes	\$Chilli con carne with 50-100g of white basmati rice	1. Turkey vegetable stir fry with noodles	1. 1 x medium pizza with toppings of your choice	1. ***Pork steaks with small-medium jacket potato and small salad; lettuce carrots, tomatoes
Snack	3 x oranges	2 x pears	250g strawberries	1 x small galia melon	1. 200g grapes	1. 2 x apples	1. 1 x banana and 150g strawberries

The UK SCA (UK Strength Conditioning Association) recommend for optimum results whilst following an exercise programme, intake carbohydrate and protein as below:

6-8g of Carbs eaten per kg of body weight when training intensely. Carbs spare the use of protein during exercise. The only time to reduce or avoid Carbs is when there is need to reduce body fat

Ensure Carbs and Protein are ingested 60 minutes before intense training

Ingest Carbs (1-2g per kg of body weight) and protein in a 3:1 ratio in the hour after training

Consider increasing protein intake (say to 2.5g per kg of body weight per day) a few day before a change in training intensity and continue for 10-14 days if level of training remains high. Reduce intake levels to no lower than 1.5-1.8g per kg of body weight per day.