

# NUTRITION CHEAT SHEET

## LOGISTICS

- Input your food into MFP the morning of.
- Divide your protein target by the amount of times you're going to eat.
- Eat 30g+ each time you eat.
- Eat 2 portions of fruit or veg EVERY time you eat.
- Eat carbs either side of your workouts.
- Don't eat within 2 hours of going to bed (impacts sleep)
- Drink 3+ litres of water per day.
- 80% of food single ingredient / minimally processed.
- 20% of food "junk".

## SHOPPING LIST

### PROTEIN:

Lean protein sources (Better suited in a priming phase)

- Chicken/turkey breast
- Ground minced chicken / turkey
- LEAN ground / minced beef / lamb
- Chicken sausages
- White fish (Cod / haddock / basa etc)
- Tuna
- Fat-free dairy products (0% greek yoghurt, fat-free cottage cheese, skyr)

Less lean protein sources (better suited to increasing calorie intake - building phase)

- Fattier fish - salmon, mackerel, sardines
- Full fat dairy products (greek yoghurt, cottage cheese)
- Fattier cuts of meat - steak, pork, minced beef / lamb

### CARBS:

- Oats
- Potatoes
- Rice
- Sweet potato
- Pasta
- Couscous
- Wraps
- Pitta bread
- Bread
- Fruit
- Vegetables

### LOW CAL SNACKS:

- Low cal jelly
- Party rings
- Lotus biscuits
- Low cal ice cream (Halo top / oppo)

Food is made overcomplicated by emotion.  
When emotion is high, intelligence is low.

If there is a particular area/trigger/time you struggle with food ASK - we are here to help.

You are going to be eating food for the rest of your life if your relationship with food is poor, then no type of diet will fix that. That's where working with your coaches and getting on the GMC workshops will help

## WORKSHOPS TO WATCH

- Food: debunked
- How to eat out anywhere
- Food: Education Vs. emotion