NUTRITION EDUCATION BOOKLET

This booklet should be utilised as an educational resource to support you with structuring your diet and nutritional habits to support your physique/fitness goals whilst managing a dynamic lifestyle.

The main structure follows:

Main Macronutrient Food Sources (Protein/Carbs)
Easy Meals/Breakfasts to Consume
Utilising Processed Foods to Boost your Intake
Carbohydrates Around Training
Preparing for Weekends/Social Events
Healthy Food Swaps at Restaurants Blueprint
Nutrition to Support Travel
Sleep Nutrition
Energy Balance Meals to prevent Midday Slumps
Nutrition Strategies alongside Alcohol



LEAN HIGH PROTEIN FOODS

PER 100G

SALMON FILLET



21g Protein

CHICKEN BREAST



23g Protein

5% BEEF MINCE



22g Protein

TUNA



20g Protein

BACON MEDALLIONS



35g Protein

PORK TENDERLOIN



26g Protein



22g Protein



17g Protein

COD FILLET



18g Protein

SHRIMP



24g Protein

VEAL



24g Protein

HADDOCK



16g Protein

EGGS



13g Protein

GREEK YOGHURT



10g Protein

COTTAGE CHEESE



11g Protein

MILK



3.5g Protein

SPIRULINA



57g Protein

WHEY PROTEIN



90g Protein

BLACK BEANS



9g Protein

KIDNEY BEANS



24g Protein

CHICKPEAS



19g Protein

LENTILS



9g Protein

ALMONDS



21g Protein

TOFU



8g Protein

CASHEWS



17g Protein

PISTACHIOS



20g Protein

PUMPKIN SEEDS



30g Protein

OATS



12g Protein

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HIGH CARB FOODS

PER 100G/100ML

UNCOOKED

***SWEET POTATO**



20g Carbs

***QUINOA**



65g Carbs

***WHITE RICE**



30g Carbs

***BROWN RICE**



37g Carbs

***OATS**



67g Carbs

***PASTA**



45g Carbs

***COUSCOUS**



76g Carbs

***LENITLS**



59g Carbs

BANANA



23g Carbs

MANGO



15g Carbs

APPLE



14g Carbs

PINEAPPLE



13g Carbs

DATES



75g Carbs

RAISINS



79g Carbs

BAGEL



49g Carbs

KIDNEY BEANS



60g Carbs

***CHICKPEAS**



45g Carbs

FRESH JUICE



14g Carbs

LUCOZADE SPORT



6.3g Carbs

CRUMPETS



35g Carbs

WRAPS



50g Carbs

MALTODEXTRIN



95g Carbs

MUSELI



67g Carbs

SQUARES BAR



74g Carbs

SOREEN



63g Carbs

HONEY



82g Carbs

JAM



69g Carbs

RICE CAKES



79g Carbs

HIGH FIBRE FOODS

QUANTITY = FIBRE (g)

If fat loss is the goal, then consuming carbohydrates high in soluble and insoluble fibre will delay gastric emptying, promoting feelings of fullness, reduce blood sugar spikes, promote digestive health, and improve overall nutrient absorption.

Utilising the below high fibre foods are recommended in the diet, particularly during a fat loss phase when caloric intake is restricted:

***SWEET POTATO**



1 large = 5.9g

QUINOA



125g = 2.6g

ROLLED OATS



100g = 10.1g

RYE BREAD



100g = 5.8g

BANANA



1 medium = 3.1g

APPLE



1 large = 5.4g

PEAR



1 medium = 5.5g

RASPBERRIES



125g = 4g

BLACKBERRIES



125g = 3.8g

AVOCADO



1 medium = 9.2g

BROCCOLI



125g = 2.6g

PARSNIPS



1 large = 5.8g

GREEN PEAS



100g = 5.5g

ARTICHOKE



1 medium = 6.9g

KIDNEY BEANS



100g = 6.4g

CHICKPEAS



100g = 6.4g

PINTO BEANS



100g = 9g

NAVY BEANS



100g = 10.5g

LENTILS



100g = 7.9g

BLACK BEANS



100g = 8.7g

PROMOTING FOOD VOLUME IN A DEFICIT

Volumeeating is amethodof eating that focuses oneatinglarge amounts of food which are lower in calories with the idea that a higher amount of food will keep you full for longer periods, allowing you to manage hunger and remain within a calorie deficit.

CARBS = 4 KCALS/GRAM
PROTEIN = 4 KCALS/GRAM
FAT = 9 KCALS/GRAM

LOW VOLUME FOODS = Oils, Nuts, Cheese, Dried Fruits, Juice, Honeys etc.
HIGH VOLUME FOODS = Vegetables, Higher-fibre Fruits, Oats, Potatoes etc.

High-volume, low-calorie foods have a lot of fibre and water to help promote satiety for long periods. Prioritising these foods may help you reduce your calorie intake. It is important to ensure however that you are eating a variety of foods that contain enough carbohydrates, proteins, and fats. Don't only eat foods because they are low in calories, as volume can only go so far in terms of satisfying your appetite.

Below are a list of foods which are higher-volume, lower-calorie options...

BERRIES

One cup ofberriescontains ~50-60kcals, and 8g of fibre.



CAULIFLOWER

One cupof cauliflower contains ~27 calories and is more than 90% water.



LEGUMES

One cupof lentils has ~220kcals, 16g fibre, and 18g protein.



ROLLED OATS

Onecupof rolledoatshas ~300kcals and 8g fibre.



POPCORN

Two cupsofmicrowave popcorn has ~120kcals making it ideal for snacking



WATERMELON

One cup ofwatermelon has~45-50kcals and is over 90% water.



ZUCCHINI/COURGETTE

Onecup of zucchini as~25kcals and is about 95% water.



POTATOES

One medium-sized potato is ~110kcals, and have a high satiety index.



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EASY TO CONSUME, GRAB-AND-GO BREAKFASTS

Being preppedandready ahead of time is vital whenyourdays arebusy fromthe offset, thus having breakfast pre-made, and pre-tracked into MyFitnessPal, orbeingable to prepare something in 5-10 mins can help you get off to a good start towards nutrition targets for the day.

You may also struggle with appetite in the morning, so having a breakfast option which is gentle on the stomach, easy to consume, or can be consumed steadily throughout the morning can ensure you are taking in fuel earlier in the day to sustain energy, promote recovery, and prevent a back log leading to force feeding yourself come dinner time trying to reach targets.

This document includes **8 easy to consume and prepare breakfast options** which you can utilise to support you to your targets even if you struggle with low appetite or are in a rush. These meals are nutrient-dense and low volume options which meet the approximate targets:

Calories: ~500kcals	Carbs: ~60g	Protein: ~30-40g	Fat: ~15g

PROTEIN SMOOTHIE

1 scoop whey protein
200ml semi-skimmed milk
1 medium banana
40g oats
1 tbsp peanut butter
1 tsp cinnamon/cocoa powder



GREEK YOG BOWL

170g 0% fatgreek yoghurt
1 scoop whey protein
50g granola or oats
1 tsp chia seeds or flax seeds
½ cup berries
1 small chopped apple



EGG WRAP + BAR

2eggs scrambled
1 tsp olive oil
20g low-fat cheese
30g spinach or rocket
1 high-protein wrap or tortilla
1 oat-based protein bar



SHAKE + FRUIT

1 scoop whey protein
200ml semi-skimmed milk
+
1 large banana
1 satsuma



COTTAGE + PINEAPPLE

200g low-fat cottagecheese
½ cup pineapple chunks
10g walnuts
25g granola
Optional: drizzle of honey



BAGEL + SALMON

1 high-protein bagel
2 tbsp soft or cottage cheese
60g smoked salmon
OR
2 hard boiled eggs



HIGH PRO CEREAL

50g highproteincereal
200ml semi-skimmed milk
OR
100g 0% fat greek yoghurt



OVERNIGHT OATS

50g oats
1 scoop protein powder
100ml milk + 100ml water
½ banana or ¼ cup of raisins



EASY TO CONSUME MEALS DURING ILLNESS

Beingunwell willoften acutely reduceyour appetite.Itis however veryimportant to ensure youare consuming as close to your macronutrient/calorie targets during this time. This will not only support recovery from your illness, but will ensure you are remaining well fuelled to support recovery from sessions recently completed, and also prevent energy depletion for when you return to training.

During a period of illness and low appetite, you will likely see acute weight loss. This will be due to your muscle glycogen levels becoming depleted, and the subsequent loss of water from the muscle. As you get better and resume training, not only will a period of time off decrease performance and increase post-workout muscle soreness, but if this is also accompanied by an 'energy depleted' state, your return to training will likely suffer.

Below is a list of meals and snack options to support you with your nutrition targets during periods of illness and low appetite. The meals are designed to be **high in carbs yet moderate in fat** for quick, digestible energy, **high in protein** to aid repair and immunity, and **soft/liquid/blended** for comfort and ease.

Calories: ~400-500kcalsCarbs: ~60-80g Protein: ~25-35g Fat: ~5-10g

MEALS

RECOVERY SMOOTHIE

1 scoop whey protein
200ml oat milk + 40g oats
50g frozen berries + 1 banana
1 tbsp honey



RICE PROTEIN PUDDING

200g low-fat rice pudding
1 scoop vanilla whey
1 small banana (mashed)
sprinkle of cinnamon



SWEET POTATO + COD

200g sweet potato mash
150g cod (steamed)
100g carrot + swede mash
40-50g rocket + spinach



ELECTROYLTE SMOOTHIE

1 scoop whey isolate
250ml orange juice
250ml coconut water
1 banana
1 tsbp glucose powder



CHICKEN + RICE SOUP (BLENDED)

150g chicken breast (cooked)
200g white rice (cooked)
50g carrot (shredded)
250ml low-salt broth
100ml skim milk



LENTIL + VEG SOUP (BLENDED)

150g red lentils (cooked)
1 medium carrot (steamed)
1 medium courgette (steamed)
250ml veg stock
1 scoop unflavoured protein



SNACKS

These snacks are designed to be high-carb/low-fibre and generally calorie-dense to support immediate energy and daily targets when appetite is low - not to be over-consumed, but a good addition when ill.









FLAPJACKS

RICE CAKES, COTTAGE CHEESE, HONEY

CHOCOLATE MILK

CUSTARD + BERRIES

MALT LOAF

BANANA BREAD

FRESH JUICE

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PROTEIN FOR VEGETARIANS

The humanbodyrequires20 amino acids to performvarious functions:

- **9 Essential Amino Acids** - must be consumed from the diet.
- **11 Non-Essential Amino Acids** - can be synthesised in the body.

Protein 'Quality' refers to the total number of Essential Amino Acids within a protein-containing food. It also refers to the 'completeness' of a protein source.

In general, animal-proteins are complete protein sources, whilst **plant-proteins are incomplete protein sources**, as they are often deficient in one or more of the essential amino acids required by the body in the diet. Vegetarians therefore often do not consume complete proteins, and thus must consume a wide variety of plant protein sources to meet essential amino acid needs.

COMPLEMENTARY PROTEIN CONSUMPTION?

Complementary proteins are two plant-based/incomplete protein sources, that when consumed together, create a complete protein source. One of the plant-based sources may be deficient in a specific essential amino acid, but the other plant-based protein it is paired with in a meal can help cancel out this deficiency.

EXAMPLE - RICE + BEANS...

Essential Amino Acid	Rice Protein	Bean Protein
Lysine	✓	✗
Cysteine	✗	✓
Methionine	✗	✓

Thus, when consuming solely plant-based sources to achieve your total daily protein intake, it is important to consume a wide variety of sources to ensure you are not deficient in any essential amino acid.

It is also important to consider that plant-based sources come with additional carbohydrate and fibre contents, thus aiming for a slightly higher protein intake is advised due to the inevitable malabsorption present in the gut from a higher fibre intake.

VEGETARIAN PROTEIN SOURCES:

SPIRULINA

57g Protein

BLACK BEANS

9g Protein

KIDNEY BEANS

24g Protein

WHEY PROTEIN

90g Protein

EGGS

13g Protein

CHICKPEAS

19g Protein

LENTILS

9g Protein

ALMONDS

21g Protein

TOFU

8g Protein

GREEK YOGHURT

10g Protein

CASHEWS

17g Protein

PISTACHIOS

20g Protein

PUMPKIN SEEDS

30g Protein

OATS

12g Protein

COTTAGE CHEESE

11g Protein

WHY PROCESSED ISN'T BAD ALL OF THE TIME

PROCESSED FOODS ARE RECOMMENDED WHEN:

An individual has high energy requirements

To fuel training (pre- & intra-nutrition)

To aid post-workout recovery

To provide convenience for busy individuals.

Active individuals often have higher energy needs which can be hard to meet exclusively through **'clean eating'**. Thus processed foods, when structured correctly, can provide a **concentrated energy source**, allowing individuals to meet their requirements without consuming excessive food volumes.



AVOIDING PROCESSED FOODS COULD MEAN LOW ENERGY AVAILABILITY...

Down-regulated hormone production

Impaired immune function

Reduced bone mineral density

Recurrent injury & Gastrointestinal issues

PROCESSED FOODS - EFFICIENT PRE- & INTRA-WORKOUT CARBS:

Many ultra-processed foods are excellent options for 'performance carbs'. These carbs are simple sugar-based, digest quickly due to low fat and fibre contents, and reduce the risk of gut discomfort to provide a rapid source of energy during your workouts.



PROCESSED FOODS - AID EASY POST-WORKOUT RECOVERY:

Many processed foods are good options post-workout, especially on multiple training days. Consuming a combination of carbs and protein optimises recovery, and faster absorbing properties of processed options results in better immediate recovery.



PROCESSED FOODS - CONVENIENT FOR BUSY INDIVIDUALS:

Processed foods are an excellent 'Plan B' convenient option for time-poor individuals needing a quick option. Whether a busy schedule, limited time to prepare meals, lack of access to fresh food - processed foods provide efficiency in meet nutritional needs.



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PRE-WORKOUT CARB SNACKS

Whole foods arean essential part ofany diet, however to help optimisetrainingperformance, we need to adopt quick sources of energy (fast carbs). For moderate to high-intensity exercise, such as resistance training or running, carbohydrates are the body's preferred fuel.

FAST / QUICK-ABSORBING CARBS PRE-WORKOUT ARE IMPORTANT BECAUSE...

The higher the intensity of training, the more carbohydrates are utilised for energy output. Thus, consuming faster acting simple sugars pre-training will help sustain blood glucose levels.

During exercise, blood flow is prioritised in the muscle, and away from the digestive system. Thus keeping intakes low in fibre, protein, and fat, yet high in simple sugars improves digestion and minimises gut discomfort/bloating.

Contracting muscle actively takes sugar from the bloodstream through the acute translocation of glucose-transporters (GLUT4) to the muscle surface. Thus, fast acting carbs hit the bloodstream quickly and are efficiently taken up by the muscle supporting immediate performance.

PRE-WORKOUT CARB PROTOCOL:

Aim for a high-carb snack that is low in fibre, protein, and fat.

Aim to consume 0.5 - 1g of carbohydrates per kg of bodyweight.

Aim to consume this snack around 30-45 mins before training.

EXAMPLE - 80KG INDIVIDUAL:
0.5g carbs x 80kg = 40g carbs
1.0g carbs x 80kg = 80g carbs

Thats a 40-80g carb pre-workout snack

EXAMPLE PRE-WORKOUT SNACKS

(~50-60g carbs)



2 Jam Toast + Banana



70g Cereal



3 Honey Crumpets



1 Bagel + Banana



Sports Drink + Rice Cake & Jam



250ml Apple Juice + 3 Dates



Raisin Box + Rice Krispie Bar



250g Pineapple + 200ml Orange Juice

INTRA-WORKOUT CARBS

Intra-workout nutrition is useful for those participating in longer duration training or events such as 60-90 minutes or longer. At this point, your energy stores (muscle glycogen) start to diminish, thus, 'topping up' on these stores during your workout can assisted performance by maintaining blood glucose levels, and delaying the onset of glycogen depletion and fatigue.

Much like pre-training carb principles, the goal is to use quick, easy-to-digest and absorb carbs to give your body fuel fast, whilst avoiding gut discomfort. During exercise, blood flow is prioritised in the muscle, and away from the digestive system, thus keeping intakes low in fibre, protein, and fat, yet high in simple sugars minimises gut discomfort/bloating, and increases the appearance of glucose in the blood to support your training.

GENERAL INTRA-TRAINING CARB GUIDELINES:

< 1 HOUR	Not needed: Water is sufficient.
≥ 1 HOUR	Small amounts: ~30-60g/hr
≥ 2 HOURS	Moderate amounts: ~60-90g/hr *Multiple-Transportable CHOs*
≥ 4 HOURS	Larger amounts: ≥ 90g/hr *Multiple-Transportable CHOs*

WHY DO WE NEED MULTIPLE-TRANSPORTABLE CARBS?

The gut has an absorption saturation limit for glucose at 60g/hr, thus consuming more than 60g/hr will lead to residue build up in the gut and subsequent GI distress.

'Multiple-transportable' carbs are a combination of Glucose + Fructose.

Fructose uses an independent transporter in the gut, meaning an increase above 60g when using a combination of Glucose + Fructose can bypass the saturation of glucose-specific transporters and intakes can increase up to 90g/hr, without risking GI distress.

For sessions lasting longer than 90 minutes, it is recommended to utilise these multiple-transportable carbohydrates to sustain performance without risking GI discomfort.

INTRA-WORKOUT CARB EXAMPLES SNACKS

≥ 1 HOUR

~20-30g carbs



≥ 2 HOURS

~60-90g carbs

Maurten - 1:0.8 Glucose:Fructose ratio



2 x	1 x	2 x	3 x
80g	80g	80g	75g

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ESSENTIAL OMEGA-3 FATS (EPA + DHA)

EPA (EicosapentaenoicAcid)and DHA (DocosahexaenoicAcid) are essential omega-3fats that the body cannot produce efficiently on its own. They're vital for brain function, heart health, joint recovery, and inflammation control - especially for active individuals and endurance athletes. While many foods contain omega-3s, EPA and DHA are primarily found in marine sources, whereas plant-based foods contain ALA (Alpha-Linolenic Acid), which only minimally converts to EPA/DHA.

TARGET INTAKE:

Aim for at least 1000mg (1 gram) combined EPA + DHA per day

MARINE SOURCES



Atlantic Salmon (100g) = ~1100mg (400mg EPA / 700mg DHA)
Sardines in Brine (90g) = ~950mg (500mg EPA / 450mg DHA)
Mackerel (100g) = ~990mg (430mg EPA / 560mg DHA)
Trout (100g) = ~1000mg (350mg EPA / 650mg DHA)
Herring (100g) = ~1000mg (400mg EPA / 600mg DHA)



NON-MARINE SOURCES (LOWER CONVERSION RATE)



ChiaSeeds(15g)= ~2500mg ALA (very limited EPA/DHAconversion)
Flaxseed (15g) = ~3000mg ALA (low conversion efficiency)
Walnuts (30g) = ~2500mg ALA
Omega-3 Fortified Eggs (2) = ~150mg EPA/DHA
Fortified Milk/Yoghurt (250ml) = ~100mg EPA/DHA
Algae Oil (1 capsule) = ~500mg EPA/DHA (vegan-friendly/highly bioavailable)



EXAMPLE MEALS:



SARDINE + AVOCADO RYE TOAST
90g Sardines + 2 Slices Rye Bread + ½ Avocado
35g CHO / 30g PRO / 18g FAT



GRILLED SALMON & VEG TRAY BAKE
120g Salmon + Sweet Potato, Zucchini, Feta
40g CHO / 32g PRO / 16g FAT



BAKED TROUT + LENTIL SALAD
150g Trout, 100g Lentils, Mixed Salads
35g CHO / 30g PRO / 13g FAT



VEGAN BOWL + ALGAE OIL DRIZZLE
Quinoa, Roasted Veg, Tofu, 1 Algae Capsule (dressing)
40g CHO / 28g PRO / 12g FAT



EGG WHITE OMELETTE + OMEGA-3 EGGS
3 Egg Whites, 2 Omega-3 Eggs, Veggies, Feta
20g CHO / 28g PRO / 15g FAT



FORTIFIED PROTEIN YOGHURT + BERRIES
250ml Omega-3 Yoghurt, 1 Scoop Whey, Berries
45g CHO / 30g PRO / 10g FAT

LOW-CARB BREAKFASTS?

During high intensityactivitysuchas strength training, orhigherintensity cardiovascular training, such as running, carbohydrate is the main fuel source, and thus essential in the diet for high performance. However, on lower-intensity training days, or rest days, when carbohydrates are not as necessary, consuming a higher protein/fat, and lower carb breakfast may be more beneficial in controlling appetite throughout the day for the following reasons.

- Limiting carbohydrate intake at breakfast will keep fat oxidation/metabolism 'switched on' as lower blood glucose, and thus circulating insulin levels, can be sustained.

- Fat and protein take longer to be digested and absorbed, and their appearance into the blood stream is delayed compared to that of glucose, thus keeping you feeling fuller for longer.

- Essential Omega 3 & 6 Fatty Acids are beneficial for heart health, hormone balance, and reducing inflammation, so incorporating a higher amount of these on lower-intensity days when carbohydrates are not as essential is a good option.

WHY KEEPING INSULIN LOWER MAY BENEFIT FAT OXIDATION?

In the 'Post-Absorptive State' (following an overnight fast when you wake up) your blood concentrations of glucose and insulin are at their lowest level across a normal 24 hour cycle, meaning blood fatty acid levels (the fat liberated from body tissue) is at it's highest.

In order to keep circulating fatty acids in the blood high, and thus the continuation of fat cells being liberated from the body, it is key to keep insulin levels low, and thus reducing carbohydrate/sugar intake at breakfast will promote this.

When at rest, and when insulin levels are kept low through a lower carb intake, skeletal muscle utilises these circulating fatty acids as it's main fuel source. These fatty acids are also taken in by the liver and oxidised to create energy, which drives a process known as gluconeogensis, which is the formation of new glucose to be released back into the blood from the liver to support a consistent blood sugar level.

Simply - Limiting carbs at breakfast will limit the rise in insulin levels, meaning fat oxidation/fat burning will be the main contributor to metabolism.

NOTE: TOTAL CALORIE INTAKE WILL ALWAYS CONTROL BODY FAT LEVELS OVER TIME, SO INSULIN SPIKES ARE NOT SOMETHING TO AVOID, BUT CAN BE BENEFICIAL ON LOWER-INTENSITY DAYS.

LOW-CARB EXAMPLES:



Smoked Salmon + Eggs



Tuna + Cottage + Rice Cakes



Veggie Omelette

IRON INTAKE TIMING?

Having healthy iron levels in the body is so important for a number of reasons:

Red Blood Cells
Carrys oxygen bound to an iron molecule called Haemoglobin

Mitochondria
Iron plays a part in the generation of energy (ATP).

Immune System
Healthy iron levels promotes a healthy immune system





THERE ARE 3 HIGH-RISK GROUPS FOR IRON DEFICIENCY





FEMALES **DISTANCE RUNNERS** **VEGETARIANS**

Cohort studies show up to 50% of athletes/heavy exercises are iron deficient, suggesting that iron is a transient nutrient, and something individuals aren't good at replacing.

HOW DO WE LOSE IRON?

Blood Loss
Menstruation - Heavy Bleeder?
Leads to greater loss of iron

Sweating
Rate of iron loss is directly related to sweat loss

Haemolytic Stress
Mechanical stress of exercise destroys 'older' red blood cells.





SO WE ARE LOSING IRON, BUT THE BODY DOES NOT PRODUCE IT'S OWN?
WE MUST GET IRON FROM THE DIET...BUT ABSORPTION ISN'T ALL THAT SIMPLE...

HEPCIDIN?

"THE MASTER HORMONEREGULATOROF IRON ABSORPTION"

Too much iron is bad and can be toxic. The hormone 'Hepcidin' helps monitor the amount of iron stores in the body. When we have a lot of iron, Hepcidin levels will increase to prEvent more iron being absorbed.

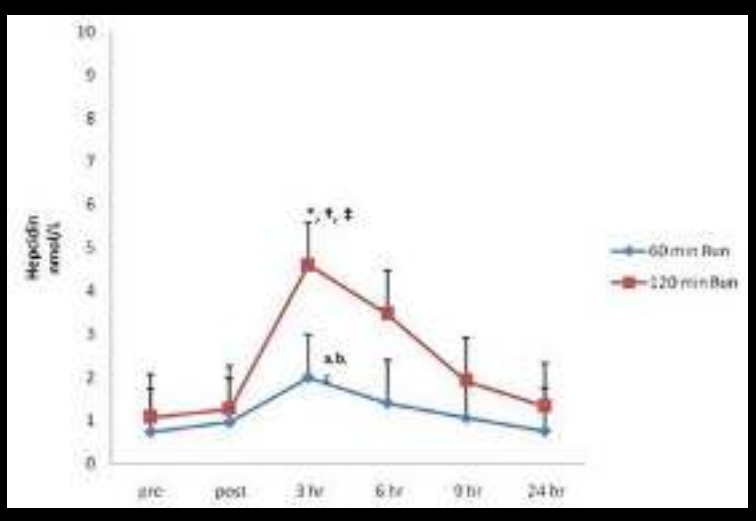


LOW IRON = LOW HEPCIDIN (INCREASED IRON ABSORPTION)



HIGH IRON = HIGH HEPCIDIN DECREASED IRON ABSORPTION)

EXERCISE IMPACTS HEPCIDIN LEVELS - THUS YOUR ABILITY TO ABSORB IRON FROM THE DIET...



There is a significant increase in Hepcidin 3-6 hours post-exercise. Timing is therefore an issue when considering iron absorption.

Improved iron absorption will therefore be optimal:

MORNING
IMMEDIATELY PRE/POST-EXERCISE
LATE EVENING

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DIETARY IRON INTAKE?

The recommended daily allowance (RDA) of iron intake if different for men and women.

♂ 8 MG/DAY ♀ 18 MG/DAY

Most people lose around 1-2 mg/day, however for highly active individuals exercising regularly, this loss of iron can increase to 3-4 mg/day.

We generally only absorb ~12% of iron consumed in the diet, hence the greater RDA targets.

IRON AVAILABILITY IN THE DIET IS SPLIT INTO 2 DISTINCT GROUPS:



HAEM IRON	NON-HAEM IRON
Well-absorbed Animal-based food	Less well-absorbed Plant-based food

Thus, if you are looking to increase your bioavailability of iron in the body, aiming to consume animal-based food sources will promote more succssful absorption.

The foods below are all great examples of sources with a strong iron content - meaning if you in focus on having a good, well-balance diet, then you should avoid iron deficiency...

MEAT	SEAFOOD	VEG	CARBS
BEEF	SHRIMP	SPINACH	BREAD
LAMB	CLAMS	ROCKET	PASTA
HAM	SCALLOPS	SWEET POTATO	RICE
PULTRY	OYSTERS	PEAS	WHEAT
VEAL	TUNE	BROCCOLI	BRAN CEREALS
PORK	SARDINES	BEANS	CORN MEAL
LIVER	HADDOCK	KALE	OAT CEREAL
EGGS	MAKEREL	CHARD	RYE BREAD






THE FOOD MATRIX & IRON ABSORPTION?

FOOD MATRIX

The way molecules within food interactandhowthisaffects the way we digest and absorb nutrients



ENHANCER - VITAMIN C

50-100mg Vitamin C co-ingested with iron will enhance the absorption into the body.



INHIBITOR - TANNIN (TEA/COFFEE)

Prevents the absorption of iron into the body.
Be mindful if you are a morning coffee drinker

THUS, IF WE CONSIDER THE BEST TIMES TO ABSORB IRON FROM THE DIET BEING IN THE MORNING, IMMEDIATELY PRE & POST-EXERCISE, AND LATE EVENING, TO AVOID THE IMPACT OF HIGH LEVELS OF HEPCIDIN (3-6 HOURS POST-EXERCISE), IT MAY BE BENEFICIAL TO AVOID COFFEE/TEA ALONGSIDE BREAKFAST, AND TO ENSURE THERE ARE FOODS HIGH IN VITAMIN C AT BOTH BREAKFAST & DINNER.

PLANNING FOR YOUR WEEKEND

The weekend is thebiggestkiller ofprogress - startinganewweekbyconstantlyhittingthe reset button is no way to achieve substantial progress.

People don't realise how badly they slip on the weekend until they start tracking and monitoring it, with their mindset surrounding the weekend completely wrong.

Planning ahead throughout the week and on the day of eating/drinking out is essential to control your nutritional intake. Below are a few strategies you can implement to give you more flexibility when socialising on the weekend to ensure you are starting each week in a positive postion.

NUTRITION - WEEKLY CALORIE CONTROL

If you know you are going out for a meal/drinks over the weekend, plan ahead from Monday by banking calories to allow for the potential overconsumption.

CONSIDERATIONS:

- Only ever bank a maximum of 200-250kcals less Monday-Friday. A lot of your training volume will be during the week, so this still ensures you are still performing and recovering well.
- Keep protein high and to target on every single day - look to pull your calories down through carbs and fat.
- Don’t let alcohol on the weekends be the sole contributor - this will massively affect your recovery.

EXAMPLE:
2500 KCALS/DAY = 17500 KCALS/WEEK

MON	TUES	WED	THUR	FRI	SAT	SUN	WEEKLY KCALS
2300	2300	2300	2300	3000	3000	2300	17,500

NUTRITION - THE DAY OF A SOCIAL EVENT

DO NOTstarve/restrictontheday - Attending aneveningmeal overly-hungrycanincrease the chances of overconsumption, and will also affect recovery throughout the day.

Aim to consume smaller/moderate portions of high-protein & high-fibre meals throughout the day as this will keep your feeling full, and ensure you are still hitting your protein target.

NUTRITIENT-DENSE BREAKFAST IDEAS

Whole-Grain Toast + Eggs + Fruit

Protein Smoothie + Nuts + Fruit

Greek Yoghurt + Oats + Fruit





NUTRITIENT-DENSE LUNCH IDEAS

Lean Protein Salad (Tuna/Chicken)

Whole-Grain Protein Wrap + Roasted Veg

Lean Protein Salad Bowl + Quinoa/Couscous





DINING OUT - MANAGEMENT

Eating at a restaurant canaddseveralhundredcaloriestothediet:

- Portions can be large
- Meals prepared in sauces and fats
- Dishes are coated in butter/oil (1 tbsp = +100-120kcals / +12-14g fat)

- Since the 1980s, a rise in the number of meals consumed away from home has been associated with undesirable nutritional outcomes, with increased dining out being the main contributor to the rise in childhood obesity rates (Nicklas et al., 2001).

- It's important to understand whether you are a 'frequent diner'. If you are, then planning ahead and not treating every occasion as an opportunity to overindulge will be important. If you rarely eat out, then enjoy yourself, as the occasional treat will not derail your overall healthy diet.

DINING OUT STRATEGIES

LOOK AHEAD AT THE MENU Review the menu online. Quick, pressure decisions can be risky - send this to your coach to review.



DON'T OVER-RESTRICT ON THE DAY
This can cause overconsumption - consume high-protein/high-fibre to promote satiety.



USE A PLATE IF SHARING
Keep track of what you are consuming by moderating portion size.



'ON THE SIDE PLEASE' Healthy meals can be smothered in sauces/cheese, so always ask for this on the side. **SET AN ALCOHOL LIMIT** Pre-track drinks into MFP to give you clarity on what you can drink before you go out.





BALANCE ALCOHOL & DESSERTS
Select one or the other - these will be your highest calorie contributors.



ENJOY THE COMPANY The main aim to to socialise - slow down and enjoy the company, you're often not there for just the food.



RESTAURANT *'SWAP SHEET'*

CARBOHYDRATE/SIDE SWAPS


FRIES/CHIPS → BOILED/BAKED POTATOES - RICE - SIDE SALAD


CREAMY MASH → PLAIN MASH - RICE - BOILED POTATOES


GARLIC BREAD → WHOLEGRAIN BREAD - SOURDOUGH


FRIED RICE → STEAMED RICE - HALF-PORTION RICE - EXTRA VEG


NAAN BREAD → CHAPATI - PLAIN ROTI

LEAN PROTEIN SWAPS


FRIED CHICKEN → GRILLED/STEAMED CHICKEN


FRIED FISH → BAKED/GRILLED FISH - PRAWNS


DUCK → CHICKEN BREAST - PRAWNS


LAMB CURRY → CHICKEN TIKKA - GRILLED FISH


PORK BELLY → GRILLED PORK LOIN

SAUCE/DRESSING SWAPS


CREAM → TOMATO - MARINARA - HERB-BASED SAUCE


HOLLANDAISE → LEMON JUICE - HERB-BASED DRESSING


CEASAR → VINAIGRETTE


MAYO-HEAVY → MUSTARD - YOGHURT-BASED DRESSING


COCONUT MILK → BROTH-BASED CURRIES

DRINK SWAPS


COCKTAILS → SPIRIT (GIN/VODKA) + SODA LIME


PINTS → BOTTLES - HALF-PINTS - ALCOHOL-FREE BEER


WINE → WINE SPRITZER


FIZZY DRINKS → DIET/ZERO - SPARKLING WATER + LEMON/JUICE

DESSERT SWAPS


CHEESECAKE → FRUIT SORBET


CHOC CAKE → FRUIT BOWL + YOGHURT


CAPPUCCINO → BLACK COFFEE - HERBAL TEA


SUNDAE → 1-2 SCOOPS PLAIN ICE CREAM

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SMART CHOICES - RESTAURANT CUISINES

ITALIAN



CARBONARA → TOMATO-BASED PASTA (MARIANA, ARRABBIATA, POMODORO)



ADD PROTEIN → GRILLED CHICKEN - PRAWNS - LEAN MINCE



GARLIC BREAD → SIDE SALAD - STEAMED GREENS - ROASTED VEG



PIZZA → CHOOSE THIN CRUST - ADD VEGETABLES - SHARE/HALF SIZE

PUB MEAL



BURGERS → GO BUNLESS - ADD SALAD - SWAP CHIPS FOR POTATO/VEG



STEAKS → CHOOSE LEAN CUTS - ADD VEG VS. CHIPS - AVOID CREAMY SAUCES



FISH → GRILLED OR BAKED - AVOID BATTERED OR DEEP-FRIED



SIDES → AVOID ONION RINGS/CHIPS - CHOOSE VEG/SALAD/POTATOES

THAI



RICE → HALF PORTION OR SHARE - CHOOSE JASMINE RICE OR STEAMED



CURRIES → AVOID CREAMY COCONUT-BASED - CHOOSE LIGHT BROTH OPTIONS



FRIED STARTER → GRILLED MEATS - PRAWNS OR SATAY SKEWERS



STIR-FRYS → ASK FOR LESS OIL/SUGAR - STICK TO PAD KRAPOW/PAK OPTIONS

MEDITERRANEAN/GREEK



FRIED MEATS → CHOOSE GRILLED PROTEIN - SOUBLAKI, SKEWERS, FISH



CHIPS/FRIES → SWAP FOR ROASTED POTATOES OR GREEK SALAD



OIL MEZZE → CHOOSE HUMMUS OR TZATZIKI WITH VEG STICKS



GYROS → ORDER PLATE VERSION VS. WRAP - POTATOES INSTEAD OF CHIPS

JAPANESE



FRIED MEALS → CHOOSE SASHIMI, SUSHI WITHOUT MAYO, TERIYAKI GRILLED MEAT



KATSU → CHOOSE GRILLED MEAT OPTIONS



RICE BOWLS → CHOOSE HALF PORTIONS - ADD EXTRA VEG/SALAD



SUGAR SAUCE → USE LIGHT SOY SAUCES - MISO SOUP FOR LOW CALORIE STARTERS

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MEXICAN



BURRITOS → CHOOSE BURRITO BOWLS - AVOID FULL WRAPS



FRIED TACOS → CHOOSE GRILLED PROTEINS - CHICKEN, STEAK, PRAWNS



SOUR CREAM → CHOOSE SALSA OR A SMALL PORTION OF GUAC



CHIPS/QUESO → CHOOSE CORN TORTILLAS - ADD EXTRA VEG OR BEANS

CHINESE



FRIED MEALS → STEAMED DISHES - STIR-FRY WITH LIGHT SAUCE - HOT POTS



SWEET & SOUR → CHOOSE BLACK BEAN OR GARLIC SAUCES



FRIED RICE → CHOOSE STEAMED RICE OR HALF/SHARED PORTIONS



FRIED STARTER → AVOID FRIED/SPRING ROLLS - CHOOSE STEAMED DUMPLINGS

INDIAN



CREAM CURRY → CHOOSE TOMATO-BASED CURRIES (ROGAN JOSH, MADRAS)



OILY PROTEINS → CHOOSE TANDOORI - TIKKA WITHOUT SUACE - GRILLED PRAWNS



RICE → CHOOSE HALF PAORTION BASMATI - ADD LENTILS FOR FIBRE



NAAN BREAD → CHOOSE CHAPATI OR ROTI - AVOID BUTTER/CHEESE NAAN



TRAVEL NUTRITION:
PACK SMART & STAY ENERGISED

Travelling oftenthrows structure outthewindow -early mornings, longflights, limited food options, and disrupted sleep. This guide helps you prepare your own **'nutrition on the go'** kit so you can stay fuelled, alert, and consistent while away.

BUILD A TRAVEL NUTRITION KIT

Pack smart with a mix of protein, carbs, hydration aids, and recovery supplements.

PROTEIN:

Whey Powder, Jerky,Nuts,Pre-Made Shakes, Protein Bars



CARBS:

Oats, Rice Cakes, Fruits,GranolaBars



HYDRATION:

Electrolytes, Bottles, Herbal Tea, Hydration Sachets.



SUPPLEMENTS:

Magnesium,Vitamin D,Creatine, Multivitamins, Ginger, Kombucha



PLAN YOUR TRAVEL DAY MEALS

Aim to consume balanced, whole-food meals when possible, and use your travel kit for back up options.

Pre-Travel Breakfast:

High-protein meal with slow carbs and healthy fats to stay full longer (eggs + oats + fruit).

Pack Lunch:

Pack a portable lunch to take with you which is pre-tracked into MyFitnessPal (lean protein)

Avoid High-Sodium/Fast-Food:

Fast food will cause sluggishness, bloating/dehydration, and will not be in line with your goals



SLEEP & RECOVERY SUPPORT

Travel stress and changing environments can affect sleep - use the following habits to reset your body clock:

Sunlight:

Expose yourself to daylight as soon as you arrive at your destination.



Pack:

Asleep mask, magnesium, and noise-reducing ear-plugs.



Avoid:

Heavy meals, alcohol, and caffeine close to bedtime.



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HOTEL BREAKFAST '*BLUEPRINT*'

Whentravelling, hotelbreakfastscaneither set you up for a productive,energisedday, orleave you sluggish and reaching for snacks. The key is to get ahead on protein early, so you aren't chasing intake later when choices are limited. A balanced breakfast supports focus, energy, and satiety, keeping your nutrition on track across time zones.

WHY PROTEIN AT BREAKFAST MATTERS:

When travelling, starting your day with **~40-50% of your protein target** helps regulate appetite, supports muscle recovery after an overnight fast, and keeps energy levels stable. When you prioritise protein at breakfast, you reduce the pressure of trying to 'catch up' later in the day when you may be eating on the move or relying on restaurants, which naturally come with higher fat/calorie intakes.

EXAMPLE FOOD CHOICES:



BOILED EGG	SMOKED SALMON	0% GREEK YOG	LEAN HAM	ROLLED OATS	SKIMMED MILK	WHOLEGRAIN BREAD	BAKED BEANS
6g/Egg	18g/100g	10g/100g	11g/2 Rashers	13g/100g	4g/100ml	7g/2 Slices	6g/100g

'GOAL-BASED' BREAKFAST STRUCTURE

FAT LOSS

Focus on Lean Proteins



Boiled Eggs (avoid scrambled/fried)
Lean cuts of meat (avoid fatty pork)
Make this ~50-60% of your plate

One Carbohydrate Source



Aim for high-fibre to keep you full
Low kcal Wholefood (avoid pastries)
Single ingredient carbs are easier to track

Focus on Hydration



Hydrate with water first (~500ml)
Avoid fruit juices (spike cravings)
Black Coffee or Green Tea

MAINTENANCE/LEAN GAIN

Keep Protein Lean



Fatty meat will fill you up and limit space for carb intakes.
Aim for ~40-50% of your plate

Two Carbohydrate Sources



Aim for 2 whole-food carb sources
Aim for ~40-50% of your plate
Utilise fruit juices/smoothies to boost intake

Keep Hydrated



Hydrate with water first (~500ml)
Added milk from Cappuccino/Latte will boost carb/protein intakes

HYDRATION, ENERGY & FOCUS

Travel environments are dehydrating — flights, hotel air-conditioning, and disrupted sleep all increase water loss. Hydration underpins energy, digestion, and mental clarity.

- ✓ Start your day with at least **500ml of water**, and aim for **2.5–3L** across the day.
- ✓ If you train while travelling, add **electrolytes at breakfast** to support performance.
- ✓ Add lots of **colour (fruits/veg**) to meals to promote **antioxidant intake** and reduce inflammation.
- ✗ Avoid **coffee** after midday, **sugary cereals/pastries** at breakfast, and **control alcohol** in the evenings.

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APARTMENT NUTRITION '*BLUEPRINT*'

When staying in an apartment while travelling, you have farmore controlover yournutrition compared to hotels - meaningyou can keep your habits consistent to hit targets. Planningahead is key - research supermarkets, pack essential, and aim to mirror your at-home structure. This approach reduces decision fatigue, improves tracking accuracy, and keeps your energy stable.

PRE-TRAVEL PREPARATION:

RESEARCH SUPERMARKETS

MAKE A GROCERY LIST

ASSESS KITCHEN FACILITES



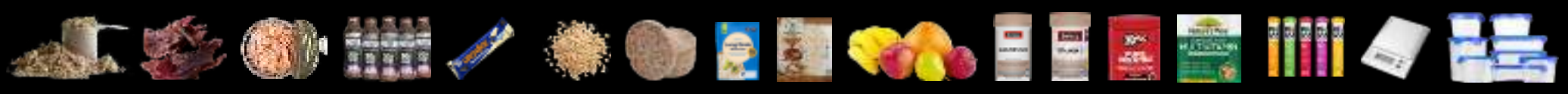
WHAT TO PACK:

PROTEIN:
Whey , Jerky,Tuna,Shakes, Bars

CARBS:
Oats, RiceCakes,Fruits,Rice, Wraps

SUPPLEMENTS:
Mag, Vit D, Creatine, Multivitamins

EXTRAS:
Electrolytes, Tupperware, Scales



FAT LOSS

The goal here is to stay in a mild calorie deficit while keeping protein and fibre high. Aim for protein-rich, whole-food meals to reduce hunger and stabilise blood sugar. A structured breakfast sets the tone for the day - a simple high-protein, high-fibre start helps prevent energy crashes and overeating later. Each meal should have:

LEAN PROTEIN SOURCE:
Eggs, GY, Chicken, Fish, Tofu

HIGH-FIBRE CARBS:
Oats, Quinoa, Wraps, Fruit

LOW CAL CONDIMENTS:
Salsa, Soy, Light Mayo,



MAINTENANCE/LEAN GAIN

When maintaining weight, the key is to eat similarly to how you do at home. You can be slightly more flexible with portion sizes, but avoid drastically changing food choices. Consistency supports digestion, energy, and sleep, which can be disrupted by travel.

Keep protein high at each meal to support muscle recovery.

Match at-home eating times to stabilise energy and digestion.

Be mindful of liquid calories - moderate alcohol and keep hydrated.



EXAMPLE 'QUICK' APARTMENT BREAKFASTS:

GREEK YOG PROTEIN BOWL





EGG + EGG WHITE TOAST



PROTEIN FRUIT SMOOTHIE



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POST-TRAVEL RESET STRATEGY

Short-term increasesin body weightaftertravel areextremely common and rarelyreflect true fat gain. Flights, disrupted sleep, higher sodium intake, reduced training, and irregular meals all contribute to fluid retention and digestive changes. This guide helps you normalise these fluctuations, return to your routine quickly, and rebuild consistency without restricting.

WHY THE SCALE JUMPS AFTER TRAVEL



LONG-HAUL FLIGHTS Increases water retention through cabin pressure changes



HIGH-SODIUM Through consumption at restaurants, hotels, airports



MUSCLE GLYCOEN LOADING Extra carbs consumed add water retention (1g glycogen = 4g water)



SLOWER DIGESTION Through reduced fibre intakes and adjusted routine and meal timing



POOR SLEEP Elevates cortisol and stress leading to temporary water retention

HOW TO RESET WITHOUT RESTRICTION

Returning home is not the time for aggressive dieting. Focus on whole foods, hydration, routine, and sleep. As your body normalises, the scale naturally drops and you feel back to normal in days.

NUTRITION STRATEGY

Prioritise Hydration - 2.5-4L of water per day with occasional electrolytes

Hit Nutrition Targets - Over-restriction will lead to lower energy and recovery

Meal Prep - Set aside time to shop and prepare lean protein and high-fibre carb meals

Reinstate Your High Protein Breakfast - Let this be the anchor of your day

Utilise Morning Caffeine - This can regulate circadian rhythms, but avoid after noon

Avoid Takeaways & Alcohol - Omit high sodium and alcohol to regulate water retention/sleep



TRAINING/MOVEMENT STRATEGY

High Steps - Aim to hit your usual step targets

Morning Sunlight - Expose yourself to at least 10-15 minutes of morning sunlight, even if overcast

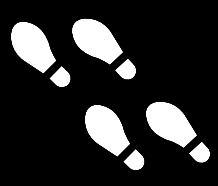
Ease Into Training - If you haven't been training, muscle soreness will be higher so ease back in

Morning Training - If you can, training in the morning will elevate body temperature and promote circadian rhythm regulation

Sauna/Cold Plunge - Utilise heat to recover and drop water, and cold to promote mental clarity

Cardio - Front-load cardio sessions to speed up water loss and improve motivation/endorphins

Don't Play Catch Up - Moving forward is best - do not try and get caught up on missed sessions













SLEEP SUPPORT - NUTRITION

BELOW ARE FOODS YOU SHOULD CONSIDER TO IMPROVE YOUR SLEEP QUALITY, SPECIFICALLY THROUGH THEIR MELATONIN CONTENT

Tart Cherries

The juice from 100 tart cherries contains melatonin (13.5 ug/g) which plays an important role in circadian rhythm regulation.

Kiwi Fruit

Kiwi Fruit has been shown to contain melatonin (24 ug/g) to help you better regulate your circadian rhythm.





BELOW ARE FOODS YOU SHOULD AVOID IN ORDER TO PREVENT POOR SLEEP QUALITY

Caffeine

Caffeine is a stimulant which speeds up your central nervous system and increases your metabolism. Consuming caffeine ‘blocks’ your adenosine receptors and prevents the build up of ‘sleep pressure’ throughout the day. This ultimately shifts our circadian rhythm forward meaning tiredness later on is reduced and the onset of sleep occurs later. Look to avoid caffeine consumption after midday.

Alcohol

Alcohol is a depressant, meaning it slows down the central nervous system and affects sleep. Under the influence of intoxication, your sleep cycles become disrupted and true deep/regenerative sleep cannot be achieved.

Spice (Capsaicin)

Consuming spicy food, specifically Capsaicin at your evening meal will raise your metabolism and also your core body temperate. This will reduce your sleep onset (how fast you fall asleep) and ultimately your sleep quality as your body temperature must drop as you enter deeper sleep.







AVOIDING MIDDAY ENERGY SLUMPS

"YOUR WORKDAY BLUEPRINT"

Afternoon crashes are rarely about motivation. They usually come from lunches low in protein and fibre, long gaps between meals, dehydration, and over-reliance on caffeine. These factors cause rapid digestion, blood sugar fluctuations, and mental fatigue. This PDF shows how to structure lunch, snacks, and desk-friendly meals to reduce afternoon crashes, maintain focus, and support consistent productivity at work.

THE ENERGY BALANCE PLATE (LUNCH)

STRUCTURE LUNCH AROUND THESE 4 ANCHORS...

PROTEIN (30-40 GRAMS)

Chicken, Fish, Lean Beef, Tofu, Eggs, Greek Yoghurt



FIBROUS CARBOHYDRATES

Potatoes, Rice, Quinoa, Legumes, Wholegrains



FRUITS & VEGETABLES

High volume, micronutrient-rich to slow digestion.



HEALTHY FATS

Small amounts of Olive Oil, Oily Fish, Avocado



DESK-FRIENDLY EXAMPLE OPTIONS

LUNCH

Grilled chicken, roasted potatoes, mixed vegetables.
Salmon, rice, greens, olive oil dressing.
Lean beef mince, quinoa, vegetables.
Lentil & chickpea salad with feta and olive oil.
Turkey wrap on wholegrain bread with salad.

SNACKS

Greek yoghurtor protein yoghurt pots.
Cottage cheese with fruit or crackers.
Protein shakes or bars (low sugar)
Boiled eggs/Beef Jerky
Rice cakes with nut butter or cottage cheese.



PUTTING IT ALL TOGETHER...

EAT LUNCH BEFORE HUNGER BECOMES EXTREME

ANCHOR LUNCH AND SNACKS AROUND PROTEIN

DRINK WATER CONSISTENTLY THROUGH THE DAY

USE CAFFEINE STRATEGICALLY NOT REACTIVELY

AIM FOR CONSISTENCY OVER PERFECTION

ALCOHOL, RECOVERY & PROGRESS

ThisPDF explains howalcoholaffectsrecovery,sleep,andfat loss, and provides practical strategies todrink intelligentlywithoutlosingmomentum.

HOW ALCOHOL AFFECTS YOUR BODY



RECOVERY: Reduces muscle protein synthesis and increases inflammation



SLEEP: Disrupts REM and deep sleep, even when total sleep time seems adequate.



FAT OXIDATION: Temporarily halts fat burning while the body prioritises clearing alcohol.



HYDRATION: Increases fluid loss, worsening next day fatigue and performance.

DECISION MAKING: Lowers restraint and increases overeating risk during and post.

Short-term weight gain after alcohol is largely water weight. Higher sodium intakes, carbohydrate intakes, inflammation, poor sleep, and dehydration all contribute. Fat gain requires sustained over-consumption across multiple days, so weight gain should not motivate next day restriction.

SMART DRINKING STRATEGY



BEFORE DRINKING

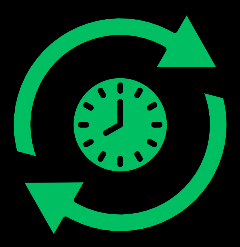
Eat protein and fibre-rich meals to stabilise appetite
Hydrate well throughout the day.
Pre-track drinks into MyFitnessPal for clarity





DURING DRINKING

Choose lower calorie options - spirits with soda, dry wine
Pace your drinking - around one per hour
Alternate alcoholic drinks non-alcoholic or water





AFTER DRINKING

Avoid late night grazing where possible
Hydrate before bed, and take water to the bedroom for the morning
Resume normal eating the following day - start with high protein



EXAMPLE DAY: BALANCING NUTRITION AROUND A NIGHT OUT

BREAKFAST - High-protein & fibre meal - delayed by a few hours to shorten the feeding window.

MID-AFTERNOON - Balanced plate with protein, carbohydrates and vegetables for volume.

PRE-DRINK MEAL - Lean protein, vegetables, moderate carbohydrates.

DRINKS - Spirits + low calorie mixers or dry wine, all pre-tracked into MyFitnessPal.

ALCOHOL ‘RESET’ DAY BLUEPRINT

STEP 1: MINDSET

The most important reset happens mentally. A reset day is **NOT** a **‘compensation’** day, a **‘punishment’** day, or a **‘make up for it’** day. Trying to restrict calories, skip meals, or add excessive training usually extends disruption rather than fixing it. A reset day is...



A RETURN TO NORMAL EATING STRUCTURE

A FOCUS ON RECOVERY AND ENERGY RESTORATION

A WAY TO PREVENT ONE SOCIAL NIGHT TURNING INTO A POOR WEEK

STEP 2: PHYSICAL RECOVERY



HYDRATION

Front-load fluids early in the day
Include electrolytes or lightly salted fluids
Do not wait until thirst appears



SUNLIGHT & MOVEMENT

Walking
Mobility work
Sunlight to support circadian rhythm



STEP 3: NUTRITION STRATEGY

The goalistostabliseenergyandappetite,nottorestrictintake...



PROTEIN FIRST

Anchor every meal with a solid protein source
Supports muscle recovery and reduces overeating



CARBS FOR RECOVERY



Alcohol depletes glycogen and disrupts energy regulation.
Choose easy-to-digest carbs such as fruit, oats, rice, potatoes
Supports mood, training quality, and focus



MODERATE FATS



Avoid extremes like fast food which increase lethargy/nausea
Healthy fats promote fullness to prevent appetite spikes



STEP 4: TRAINING STRATEGY



Low-intensity cardio (<40 mins)
Mobility/light movement sessions
Reduced-volume resistance training



Max-effort lifts or high-intensity
Endurance work if sleep-deprived
Training in direct sunlight or heat

STEP 5: SLEEP & CNS STRATEGY

Poor sleep is the **BIGGEST DRIVER** of extended fatigue after alcohol:

Maintain **normal bedtime and wake time** - avoid daytime naps >30 mins

Limit caffeine intake no later than midday

Create a **calm evening routine** to encourage sleep onset



