

Pre-workout

MEAL IDEAS

Oatmeal: 50g
Banana: 50g
Almond butter: 15g



Calories: 295
Protein: 10g
Fat: 12g
Carbs: 40g

Greek yogurt: 150g
Granola: 30g
Berries: 50g



Calories: 245
Protein: 19g
Fat: 4g
Carbs: 36g

Eggs: 2
Mushrooms: 30g
Whole-wheat bread: 40g



Calories: 255
Protein: 18g
Fat: 10g
Carbs: 22g

Pre-workout

MEAL IDEAS

Whole-wheat toast: 20g
Banana: 50g
Peanut butter: 15g



Calories: 270
Protein: 11g
Fat: 10g
Carbs: 35g

Hummus: 50g
Carrots: 100g



Calories: 200
Protein: 7g
Fat: 10g
Carbs: 21g

Whole-wheat toast: 40g
Smoked salmon: 70g
Avocado: 30g



Calories: 250
Protein: 20g
Fat: 9g
Carbs: 23g

Post-workout

MEAL IDEAS

Rice (cooked): 100g
Grilled chicken: 130g
Veggie mix: 150g



Calories: 295
Protein: 32g
Fat: 3g
Carbs: 39g

Quinoa (cooked): 150g
Grilled chicken: 130g
Avocado: 30g



Calories: 340
Protein: 32g
Fat: 9g
Carbs: 36g

Goat cheese: 100g
Roasted Chickpeas: 100g
Fresh veggies: 100g



Calories: 315
Protein: 25g
Fat: 11g
Carbs: 31g

Post-workout

MEAL IDEAS

Rice (cooked): 100g
Roasted tofu: 100g
Broccoli: 150g



Calories: 345
Protein: 23g
Fat: 12g
Carbs: 37g

Tuna: 100g
Roasted potatoes: 100g
Veggie Mexican mix: 30g



Calories: 300
Protein: 31g
Fat: 2g
Carbs: 48g

Whole-wheat pasta: 70g
Salmon: 100g
Asparagus: 100g



Calories: 330
Protein: 31g
Fat: 4g
Carbs: 45g

What does 30g of protein looks like

SALMON



120 g
255 calories

CHICKEN BREAST



130 g
138 calories

TUNA



100 g
128 calories

EGGS



5 eggs
313 calories

WHEY



40g
140 calories

COTTAGE CHEESE



200g
125 calories

High Protein Breakfast Ideas



Avocado Toast

30g protein



Breakfast Burrito

30g protein



**Banana Almond
Butter Smoothie**

20g protein



Omelette

30g protein



Protein Pancakes

30g protein



Yogurt Bowl

30g protein

Delicious and nutritious

SMOOTHIE IDEAS

Almond milk: 150ml
Kiwi: 100g
Protein powder: 30g
Chia seeds: 5g



Calories: 250
Protein: 28g
Fat: 6g
Carbs: 25g

Almond milk: 150ml
Raspberry: 100g
Protein powder: 30g
Hemp seeds: 10g



Calories: 250
Protein: 30g
Fat: 9g
Carbs: 17g

Almond milk: 200ml
Banana: 100g
Protein powder: 30g
Rolled oats: 30g



Calories: 350
Protein: 31g
Fat: 6g
Carbs: 45g

PRE-WORKOUT SUPPLEMENTS



Creatine



Caffeine



Citrulline



Beta-alanine



BCAA's

POST-WORKOUT SUPPLEMENTS



Protein



Glutamine



Magnesium



Electrolytes



BCAA's

The importance of **POST-WORKOUT NUTRITION**



**Replenish
glycogen stores**



**Promote
muscle recovery**



**Reduce
muscle breakdown**

Mushroom omelet



2 eggs



**½ cup
mushrooms**



**1 tablespoon
shredded
mozzarella**



salt & pepper



**1 teaspoon
coconut oil**

#fitbreakfast

@lovestfit

Banana Pancakes



$\frac{1}{2}$ cup
rolled oats



$\frac{1}{4}$ cup almond
milk



1 banana



1 scoop whey



1 egg

#fitbreakfast

Oatmeal



**½ cup
rolled oats**



1 scoop whey



5 almonds



**1 cup milk or
plant-based milk**

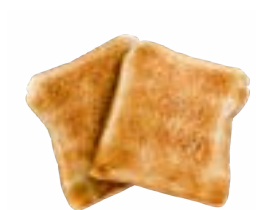


**½ cup
raspberries**

#fitbreakfast

@lovestfit

Egg & Avocado Toast



**2 slices whole-
wheat toast**



½ avocado



1 egg



salt & pepper

#fitbreakfast

@lovestfit

Mediterranean Bowl



**3oz grilled
chicken breast**



**¼ cup cooked
quinoa**



**1 tbsp feta
cheese**



**¼ cup cherry
tomatoes**



**¼ cup
cucumber**



**¼ cup
olives**

#fitlunch

Tuna Sandwich



**1 can tuna in
water**



**2 slices of
whole-wheat bread**



**$\frac{1}{4}$ cup
lettuce**



**$\frac{1}{2}$
tomato**



**1 tbsp
yogurt**

#fitlunch

Sweet Potatoes Rice and Vegetables



**4oz roasted
sweet poato**



**¼ cup cooked
rice**



**1 tbsp feta
cheese**



**½ cup steamed
broccoli**



**½ cup
kale**



**1 tsp
almonds**

#fitlunch

Avocado with Beans and Rice



$\frac{1}{2}$ avocado



**$\frac{1}{2}$ cup
canned beans**



**$\frac{1}{4}$ cup cooked
rice**



**$\frac{1}{2}$ bell
pepper**



**1 tbsp
sweet corn**

#fitlunch

SMART FOOD COMBOS

FOR FIT MEAL PREP



lettuce + rice + chicken + beans + corn



eggs + avocado + spinach + cheese + almonds



quinoa + tomatoes + mozzarella + basil



HOW TO MAKE A FILLING BREAKFAST



- ☐ Protein:
- ☒ Carbs: toast
- ☐ Colour:
- ☒ Fats: butter

- ☒ Protein: eggs
- ☒ Carbs: toast
- ☒ Colour: tomatoes
- ☒ Fats: avocado & egg



HOW TO MAKE A **FILLING LUNCH**



- ☒ **Protein:** chicken breast
- ☐ **Carbs:**
- ☒ **Colour:** spinach & tomatoes
- ☐ **Fats:**

- ☒ **Protein:** salmon
- ☒ **Carbs:** grapefruit
- ☒ **Colour:** spinach
- ☒ **Fats:** avocado & pine nuts



HOW TO MAKE A **FILLING DINNER**



- ☐ Protein: chicken breast
- ☒ Carbs: potatoes
- ☐ Colour:
- ☐ Fats:

- ☒ Protein: beans
- ☒ Carbs: sweet potato
- ☒ Colour: mint and salsa
- ☒ Fats: avocado



EAT

SLEEP

WORKOUT

REPEAT

WORK ON

YOURSELF

FOR YOURSELF



**TRAIN THE MIND
& THE BODY WILL
FOLLOW**