

Off Season Diet

| When? | Foods | Why? |
|--|---|---|
| Meal 1: Breakfast 7 - 8am | <ul style="list-style-type: none"> - 7 Eggs (3 whole, 4 white) - 1 Scoop Whey Protein - 1 ½ cup of Oats (150g) - 2 Slice of toast | <p><i>Blend together the eggs and protein powder to give your body quick release protein full of key amino acids. The yolks from the eggs will give you the essential fats needed for strength gains.</i></p> <p><i>The oats are low G.I carbs and will give your body energy at a slower rate. Toast is a simple carb (high G.I) and will replenish glycogen stores from your nights fasting</i></p> |
| Meal 2: Pre-workout 10 - 11am | <ul style="list-style-type: none"> - 1 Scoop Whey Protein - 1 Banana or Apple | <p><i>Having a 1 scoop protein shake an hour before your workout will provide your muscles with amino acids while you train and will not take to much effort to digest. A banana or apple will give you the energy needed for you heavy workout</i></p> |
| 12pm Train | | |
| Meal 3: Post workout 1pm | <ul style="list-style-type: none"> - 1 Scoop Whey Protein - 1 Flap Jack | <p><i>Having a protein shake immediately after your workout will provide well needed nutrients and prevent your muscles from going into a catabolic state (muscle break down)</i></p> <p><i>The flap jack will replenish glycogen stores and an insulin spike to help push nutrients in</i></p> |
| 1 hour after post workout Meal 4: Lunch 2pm | <ul style="list-style-type: none"> - 100g Tuna - 1 large jacket potato - 2 table spoons of Peanut Butter | <p><i>Tuna is high in sodium and will help replenish electrolytes from your workout. Potato is rich in muscle building carbs and help put the weight on Peanut butter will give you more healthy fats that your joints need</i></p> |
| Meal 5: Mid-afternoon 5pm | <ul style="list-style-type: none"> - 250g chicken - 200g Rice | <p><i>Standard bodybuilding meal – Full of protein and good carbs</i></p> |
| Meal 5: Dinner 8pm | <ul style="list-style-type: none"> - 250g Chicken or Steak - 150g Rice and vegetables | <p><i>250g portion will give you about 50 – 60g of protein. Steak is full of createin and good fats</i></p> <p><i>The rice will help boost the calories and the veg will give you fibre which aids in digestion</i></p> |
| Meal 6: Late Snack 1 hour before bed 10pm | <ul style="list-style-type: none"> - 3 table spoons of Cottage Cheese - 50g Oats | <p><i>Cottage cheese is a slow release protein (casein) which will prevent muscle break down during sleep</i></p> <p><i>The oats will provide you carbs till the morning to help add more mass</i></p> |