

Beginners Diet Plan

A great body is created from the inside. So putting the right fuel into your body will give you the results you desire

“You are what you eat”

Meal 1: Breakfast

1 Large Bowl of Porridge Oats - *Oats are Low GI and are a great way to kick start your metabolism*
3 Whole eggs - *Eggs are an easily absorbed protein, ideal for when you wake up*

Meal 2: Mid-morning

1 banana - *High in Potassium which helps regulate water retention*
Handful of Almonds (50g) - *Full of essential fats which help break down bad fats within the body*

Meal 3: Lunch

200g Brown or White Rice - *High in fibre which will aid in the digestion of proteins*
1 Large chicken breast - *Contains quality proteins needed for repair and recovery*

Meal 4: Mid-afternoon

1 Apple - *Good Low GI carb, perfect for pre-work out fuel*
1 Scoop Whey Protein Shake - *Easily absorbed protein loaded with essential amino acids*

Meal 5: Dinner

Steak/ Salmon/ Chicken - *All great sources of quality protein*
1 Jacket Potato - *Good carbs needed to replenish glycogen levels*
Green Veg - *Good source of fibre needed for digestion*

Meal 6: Late Snack (1hr before Bed)

4 Table Spoons of Cottage Cheese - *Contains slow release protein called Casein. Will aid in recovery while you sleep*

It is important to be consistent with this diet because it will take slightly longer for your body to respond to these new dietary changes compared to an experienced bodybuilder.

4-5 weeks should get you good quality results depending on how consistent you are.