

# BODY BIBLE

## NILE'S DAILY MEAL PLAN

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- 30g Porridge Oats
- 250ml of skimmed milk/water
- 30g blueberries
- 1tbsp peanut butter OR 1 tbsp honey



### TOP TIP

KEEP FLUID INTAKE HIGH WITH SPARKLING WATER & FRESH LIME JUICE OR GREEN TEA

Mid-morning snack: Apple or Carrots and Humous or 20-30g Almonds

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- Pre-Training
- 100g Chicken Breast
- Lots of leafy greens
- Tomato, cucumber, peppers, etc.
- 100g wholegrain rice



### TOP TIP

KEEP A GOOD BALANCE OF PROTEIN, CARBS & NUTRIENTS TO FUEL YOUR TRAINING

Mid-afternoon snack (post-training): Protein bar or Smoothie with protein powder

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- 100g diced beef
- Stir fry vegetables
- 100g Sweet potato

Dessert = 150g Low fat greek yoghurt, berries, dried fruit & nut



### TOP TIP

KEEP IT LEAN (MEAT/FISH) WITH VEG OR SALAD. ADD QUINOA, LENTILS, BUTTERNUT SQUASH OR BEANS