

BODY BIBLE

NILE'S DAILY MEAL PLAN

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- 2 whole eggs, 1 egg white
- 100g mushrooms
- Handful of spinach
- 2 rashers of turkey bacon
- Wholewheat toast



TOP TIP

GETTING HIGH QUALITY SLEEP IS INCREDIBLY IMPORTANT FOR RECOVERY AND GETTING THE MOST OUT OF



Mid-morning snack: Piece of fruit, or 20-30g cashews and walnuts

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- Pre-Training
- Tin of tuna
- 75g wholewheat pasta
- 100g Sweetcorn
- Peppers
- Lots of leafy greens



TOP TIP

DRINK A GLASS OF WATER BEFORE EVERY MEAL TO AID WITH DIGESTION

Mid-afternoon snack (post-training): Protein bar or 150g Low fat greek yoghurt, berries, granola, dried fruit & nut

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- 100g turkey steak
- Roasted Veg: courgette, onions, mushrooms, peppers, squash, etc.

Dessert = Frozen berries smoothie



TOP TIP

MAKE SURE TO EAT A GOOD QUALITY SOURCE OF PROTEIN WITH EACH MEAL