

BODY BIBLE

NILE'S DAILY MEAL PLAN

BREAKFAST

- Breakfast Smoothie
- 100g frozen berries
- Handful of spinach
- 2 tbsp greek yoghurt
- 20g oats
- Handful of dried fruit and nuts
- Water or milk



TOP TIP

AIM TO WALK ANY JOURNEY LESS THAN A MILE TO INCREASE YOUR OVERALL DAILY ACTIVITY

Mid-morning snack: Protein bar or rice cake with 50g cottage cheese and cucumber

LUNCH

- Pre-training
- 2 whole eggs, 2 whites
- 50g Sliced Ham
- 20g low fat cheese
- Spinach & Mushrooms
- Large salad



TOP TIP

USE HERBS AND SPICES TO FLAVOUR YOUR FOOD, HEALTHY DOESN'T HAVE TO MEAN BORING

Mid-afternoon snack (post-training): Piece of fruit or small sushi pack

DINNER

- Salmon fillet
- 75g prawns
- Stir fry vegetables
- 100g Egg Noodles

Dessert = 20-30g almonds, blueberries and raspberries



TOP TIP

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