
**NILE'S
NUTRITION
PLAN**

What do I buy in a typical week?



MY TOP TIPS

- Shop the SALES - we by no means buy all of this food every week - here is just an idea of the kind of things I eat. If carrots are on offer one week, we get carrots. I feel there is a lot of bad press around the expense of being healthy but this little tip can help greatly!
- Shop the SEASON - whichever fruit and veggies are in season are going to be the ones that give you the most nutritional value at that time of year!
- LOVE YOUR FOOD!! What's the point in buying and eating foods you don't enjoy???

SHOPPING LIST

Carbohydrates:

- Rice
- Sweet Potatoes
- Wholewheat Pasta
- Porridge Oats
- Low Sugar Granola/Cereals
- Bananas
- Sweetcorn



Fruit & Veg:

- Spinach
- Kale
- Cucumber
- Tomatoes
- Peppers
- Lettuce
- Onion
- Broccoli
- Cauliflower
- Mushrooms
- Courgettes (Zucchini)
- Cabbage
- Celery
- Asparagus
- Green beans
- Avocado
- Berries
- Apples
- Dates
- Pineapple

Protein:

- Chicken breast
- Eggs
- Salmon
- Tuna
- Pork
- Turkey (steak, bacon, sausages)
- Lean red meat
- Low fat cheese
- Cottage cheese
- Greek style yoghurt

Fats:

- Peanut butter
- Any other nut butter
- Coconut oil
- Olive oil
- Nut - almonds, walnuts, cashews, etc.
- Avocado

Condiments/Other:

- Honey
- Low sugar Ketchup
- Spices (use on meats and veggies)
- Cinnamon
- Other low sugar/fat dressings
- Coffee
- Green tea
- Sparkling water
- Natural Sweetener

SNACKS

I love to incorporate snacks post training and between meals throughout the day. It is a great way to stay fuelled and avoid over-eating when it comes to meal times.

Under 150kcal:

- Fruit - banana, apple, strawberries, blueberries - great for boosts of energy before training
- Chopped raw veggies with hummus - carrots, cucumber, celery, pepper - filled with lots of water to keep you hydrated
- Popcorn - not just for the cinema but also a great low calorie snack
- Hard boiled egg - a nice protein kick when needed

Under 300kcal:

- Mixed nuts - a great energy source pre or post training
- Adding peanut butter to your fruit snacks is a great source of healthy fats
- Protein bars - although I like to intake most of my protein through natural sources, protein bars can be useful on the go or be a healthier alternative when you've got a sweet tooth
- Olives - high in healthy monounsaturated fats and a great snack throughout the day

Under 500kcal:

- Greek yoghurt and granola - some like this for breakfast but sometimes I snack on yoghurt and granola, it's a great sweet snack
- Dark chocolate - sometimes you gotta just have that chocolate you've been craving... dark chocolate is definitely the best option as it is loaded with flavanols. Calories depend on amount eaten
- Canned salmon or sardines - higher in calories due to its high source of omega-3 fatty acids which decrease the risk of heart disease



BODYBIBLE

NILE'S DAILY MEAL PLAN

BREAKFAST

- 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

LUNCH

- 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

DINNER

- 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

NUTRITION TOP TIPS

1. Food = Fuel... remember what you're putting into your body is what you're going to get out. Whether it be for training, studying, work, it is important to fuel your body with foods that will support you in having high energy levels and achieving your best throughout the day ❖❖
2. It is okay to treat yourself!! From personal experience I find that if I avoid my cravings, I am likely to indulge massively the next time I let myself have some unhealthy food. I eat some chocolate every single day and because of it, I never really have the urge to have a huge indulge.
3. Find what works for YOU - some people would prefer 3 massive meals throughout the day, others like to eat every 2-3 hours. Remember:
 $3 \times 700 \text{ kcal} = 2100 \text{ kcal}$
 $6 \times 350 \text{ kcal} = 2100 \text{ kcal}$
As long as you're aware of what you're eating, it's best to play to your strengths and what works for you!
4. Simple switches - making simple switches in your day to Day will be HUGE in the long run. White bread to whole meal bread, sugar to sweetener, sugary drinks to water. From a diet and a satisfaction perspective this is very easy to do and can achieve great results!
5. Enjoy the PROCESS - it is okay if every Friday night we have a takeaway, it's normal if sometimes you don't eat 100% on point, we are human! Get a feel for your body and how different foods make you feel. As a gymnast I know that some days if I overeat I will feel lousy the next day in the gym. It's all about making smart choices and loving yourself throughout the process!

Smash it guys

* Nutrition Disclaimer

I am not a certified nutritionist and make no claims to the contrary. Each individual's dietary needs and restrictions are unique to the individual. If you suffer from any nutritional disorders it is important to visit a health professional. You are ultimately responsible for all decisions pertaining to your health.

