

AQUATICS GB PERIODSIED NUTRITION SYSTEM



Aquatics GB

PERFORMANCE FOODS

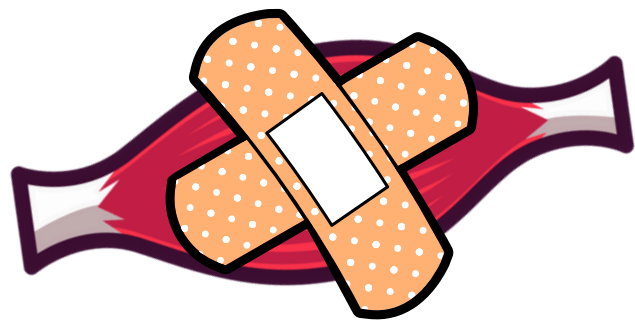
Different training days require different foods. See below for an outline of the different performance foods...



CARBOHYDRATES ‘FUEL’

Carbohydrates are the bodies high intensity fuel

- | | | | |
|---|--------------|---|----------------|
|  | Whole-grains |  | Fruits |
|  | Legumes |  | Dairy |
|  | Potatoes |  | Sport-specific |



PROTEIN ‘REPAIR’

Proteins provide the building blocks to repair and rebuild, optimising adaptations

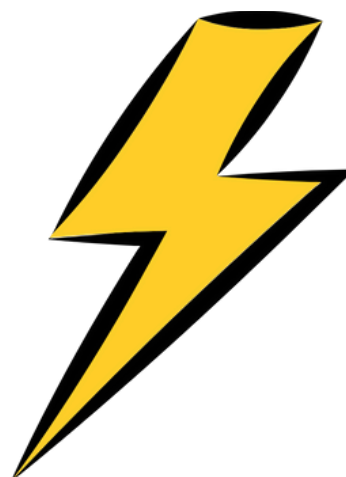
- | | | | |
|---|---------|---|---------|
|  | Meat |  | Legumes |
|  | Dairy |  | Fish |
|  | Poultry |  | Soya |



FATS ‘PROTECT’

Fats store vitamins which help protect the body, optimising immunity

- | | | | |
|---|-----------|---|-----------|
|  | Nuts |  | Avocado |
|  | Olive oil |  | Seeds |
|  | Dairy |  | Oily fish |



FRUITS & VEG ‘GLOW’

Vegetables contain nutrients which optimise many functions in the body

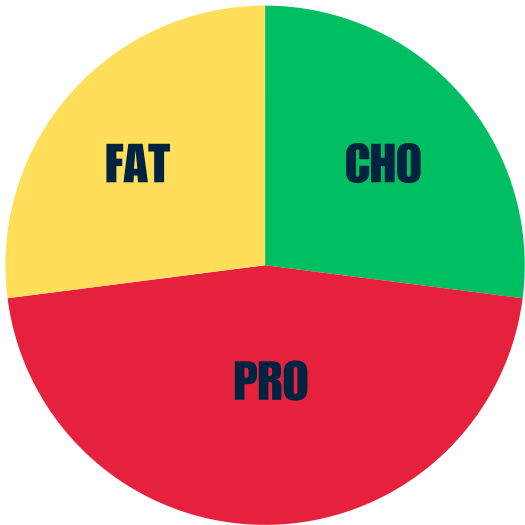
- | | | | |
|---|---------|---|----------|
|  | Greens |  | Bulbs |
|  | Legumes |  | Tropical |
|  | Citrus |  | Berries |

PERFORMANCE PLATES

Different training days require different performance plates. See below for an outline of the different performance plates...



SCAN FOR
REPAIR PLATE
RECIPES



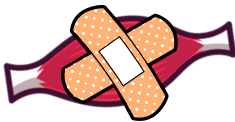
The 'REPAIR' plate 
To support low intensity training
or reduce non functional mass



Kcals
320-580



CHO
0-50 g



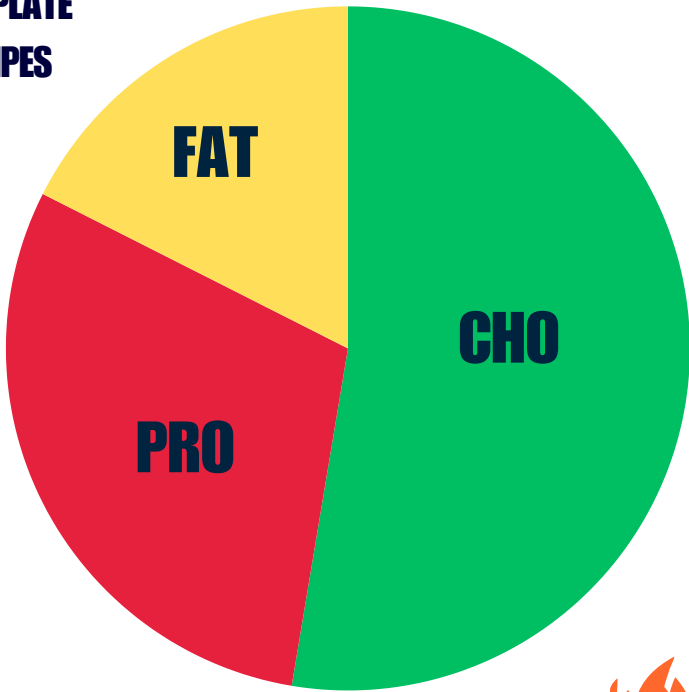
PRO
35-50 g



FATS
~25 g



SCAN FOR
FUEL PLATE
RECIPES



The 'FUEL' plate 
To support daily fuelling
demands and composition



Kcals
520-780



CHO
50-100 g



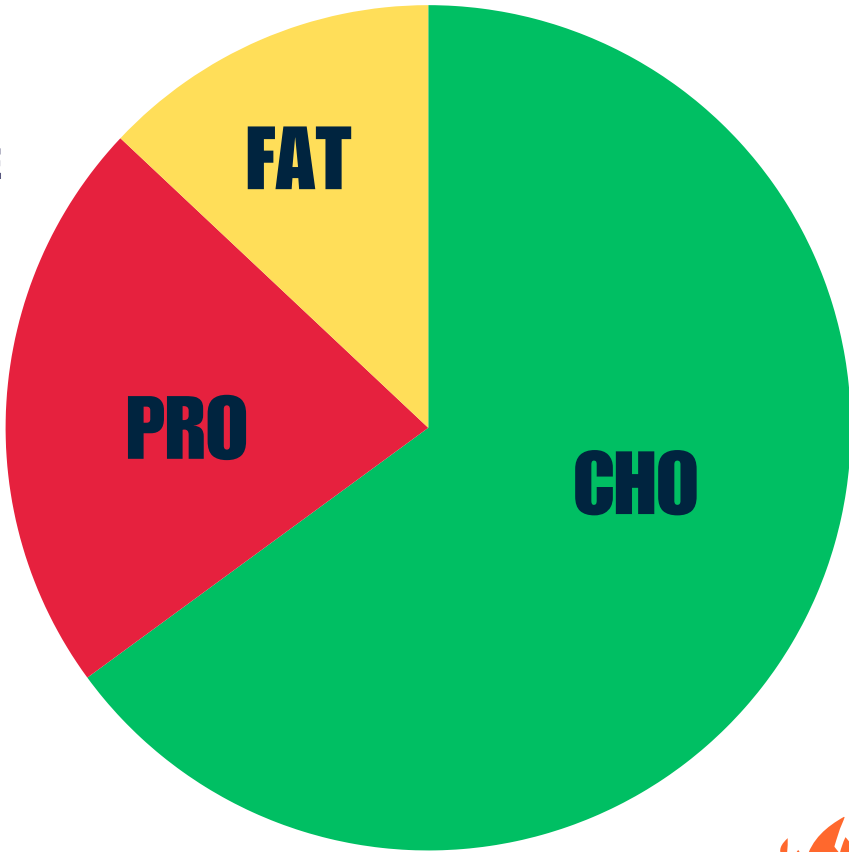
PRO
35-50 g



FATS
~25 g



SCAN FOR
PERFORM PLATE
RECIPES



The 'PERFORM' plate 
To support high intensity training
and increases in functional mass



Kcals
720-980



CHO
100-150 g



PRO
35-50 g



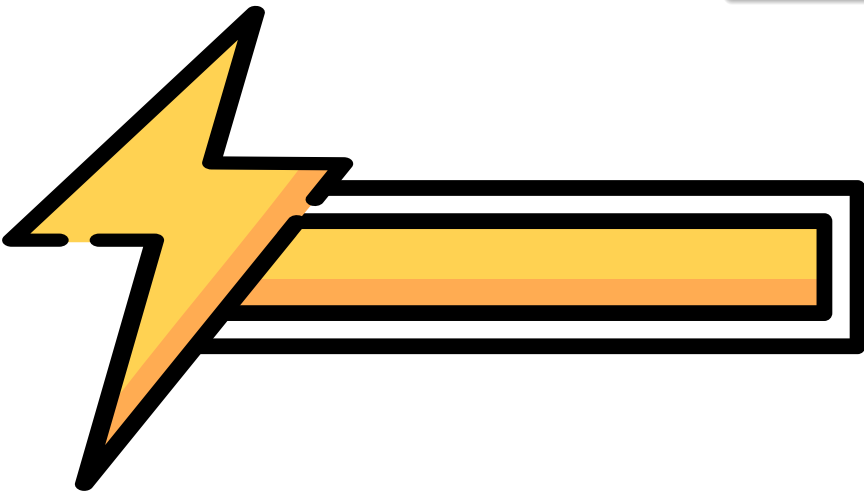
FATS
~25 g

PERFORMANCE SNACKS

Utilise performance snacks to top up your energy levels...



SCAN FOR
SUSTAIN SNACK IDEAS



'SUSTAIN' snacks



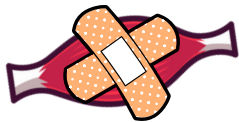
To support low intensity training
or reduce non functional mass



Kcals
80-370



CHO
20-60 g



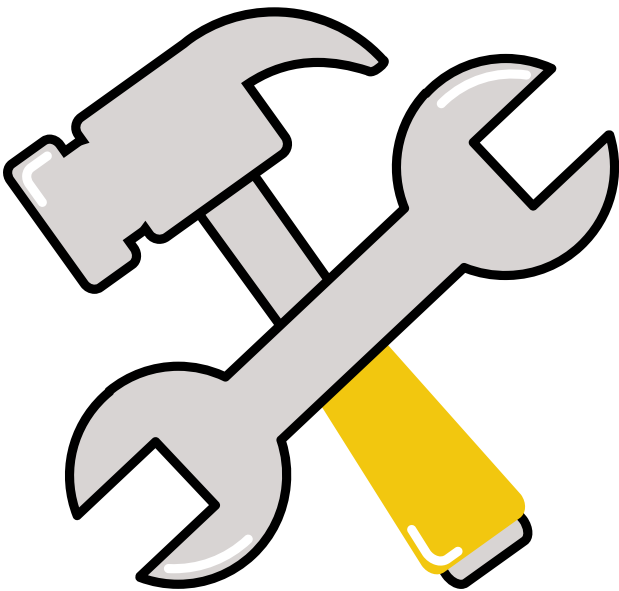
PRO
0-10 g



FATS
0-10 g



SCAN FOR
REPAIR SNACK IDEAS



'REPAIR' snacks



To support daily fuelling
demands and composition



Kcals
80-275



CHO
0-15 g



PRO
~20 g



FATS
0-15 g

THE REPAIR PLATE



320-580 Kcals

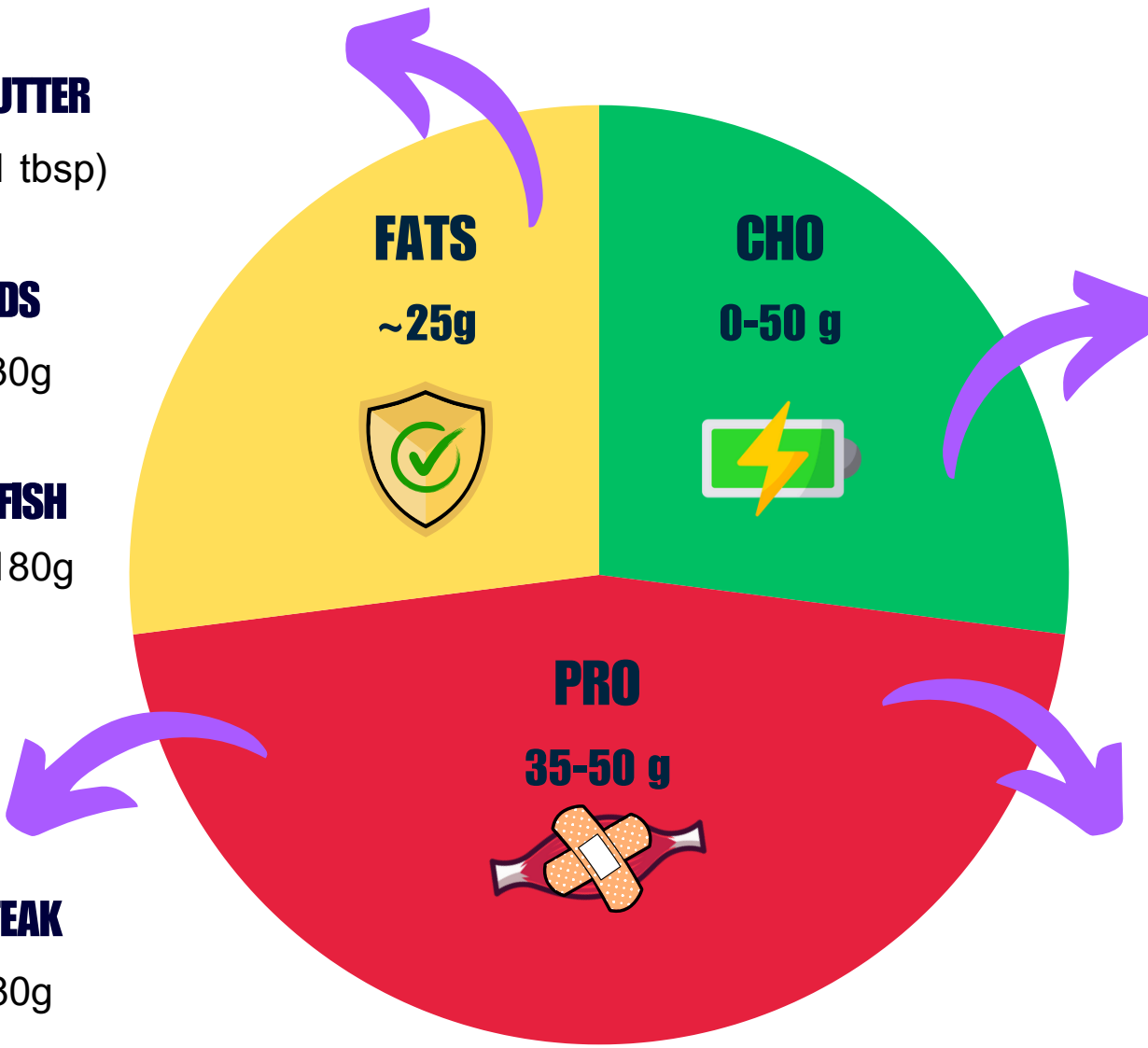
To support low intensity training or reduce non functional mass...

FATS

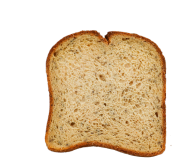
	NUTS 25-30g		NUT BUTTER ~25g (1 tbsp)
	OLIVE OIL ~13g (1 tbsp)		SEEDS 25-30g
	AVOCADO ~80g		OILY FISH 130-180g

PROTEINS

	CHICKEN BREAST 130-180g		BEEF STEAK 130-180g
	BEEF MINCE 140-190g		SALMON FILLET 130-180g
	TEMPEH 140-190g		EGGS 220-240g (~4 eggs)



CARBOHYDRATES

	RICE 25-50g		OATS 30-55g
	PASTA 25-50g		BREAD 40-60g
	POTATO 125-200g		NOODLES 25-50g



FRUITS & VEG

Aim for at least x2 types of fruits or vegetables per serving

	Greens		Bulbs		Fungi
	Legumes		Tropical		Stems
	Citrus		Berries		Roots



SCAN BARCODE
FOR RECIPES

THE FUEL PLATE



520-780 Kcals

To support daily fuelling demands and composition...

FATS



NUTS

25-30g



OLIVE OIL

~13g (1 tbsp)



AVOCADO

~80g



NUT BUTTER

~25g (1 tbsp)



SEEDS

25-30g



OILY FISH

130-180g

PROTEINS



CHICKEN BREAST

130-180g



BEEF MINCE

140-190g



TEMPEH

140-190g



BEEF STEAK

130-180g



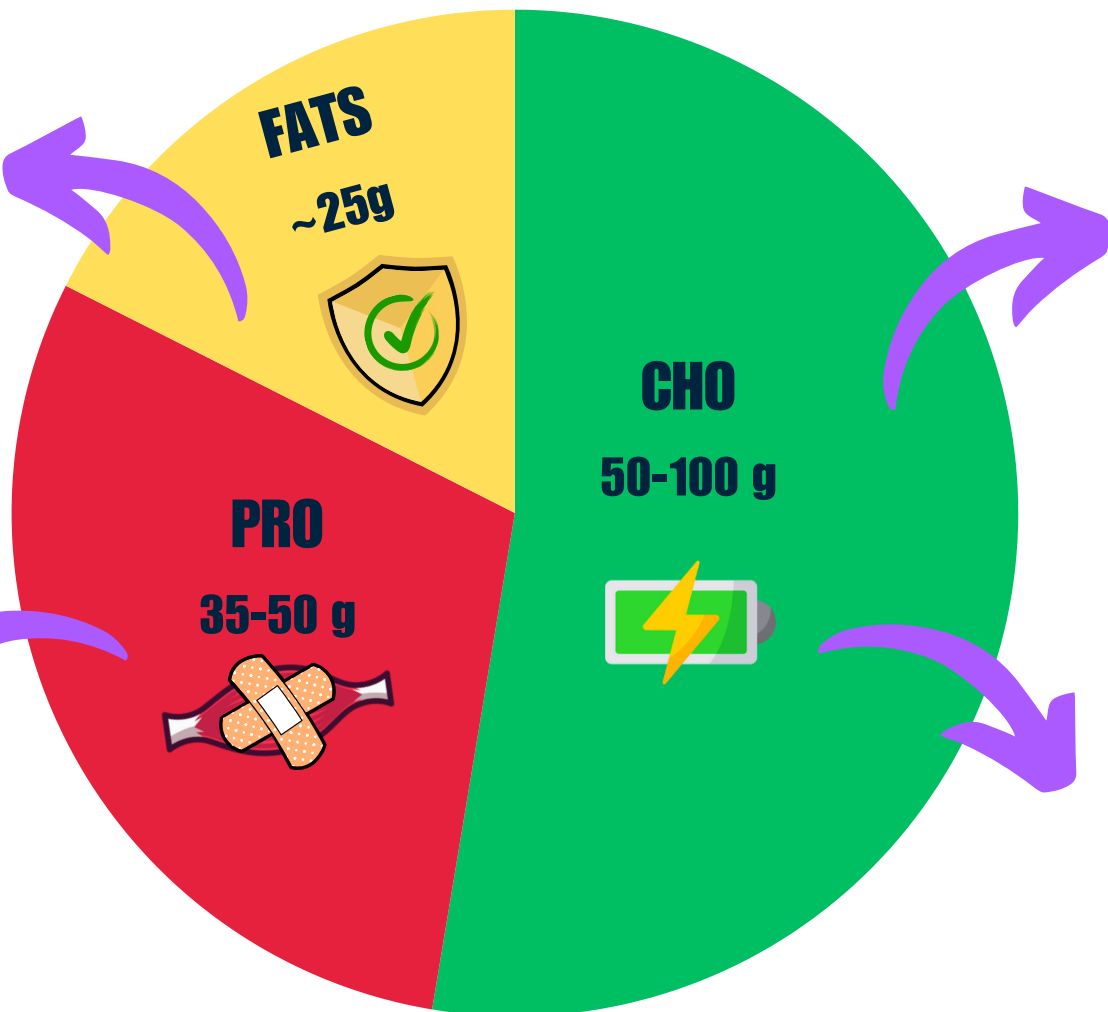
SALMON FILLET

130-180g



EGGS

220-240g (~4 eggs)



CARBOHYDRATES



RICE

75-100g



PASTA

75-100g



POTATO

350-400g



OATS

85-110g



BREAD

100-150g



NOODLES

75-100g



FRUITS & VEG

Aim for at least x2 types of fruits or vegetables per serving



Greens



Bulbs



Fungi



Legumes



Tropical



Stems



Citrus



Berries



Roots



SCAN BARCODE
FOR RECIPES

THE PERFORM PLATE



720-980 Kcals

To support high intensity training and increases in functional mass...

FATS



NUTS
25-30g



NUT BUTTER
~25g (1 tbsp)



OLIVE OIL
~13g (1 tbsp)



SEEDS
25-30g



AVOCADO
~80g



OILY FISH
130-180g

PROTEINS



CHICKEN BREAST
130-180g



BEEF STEAK
130-180g



BEEF MINCE
140-190g



SALMON FILLET
130-180g



TEMPEH
140-190g



EGGS
220-240g (~4 eggs)

CARBOHYDRATES



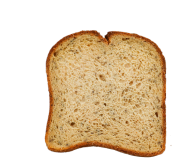
RICE
140-180g



OATS
150-200g



PASTA
140-170g



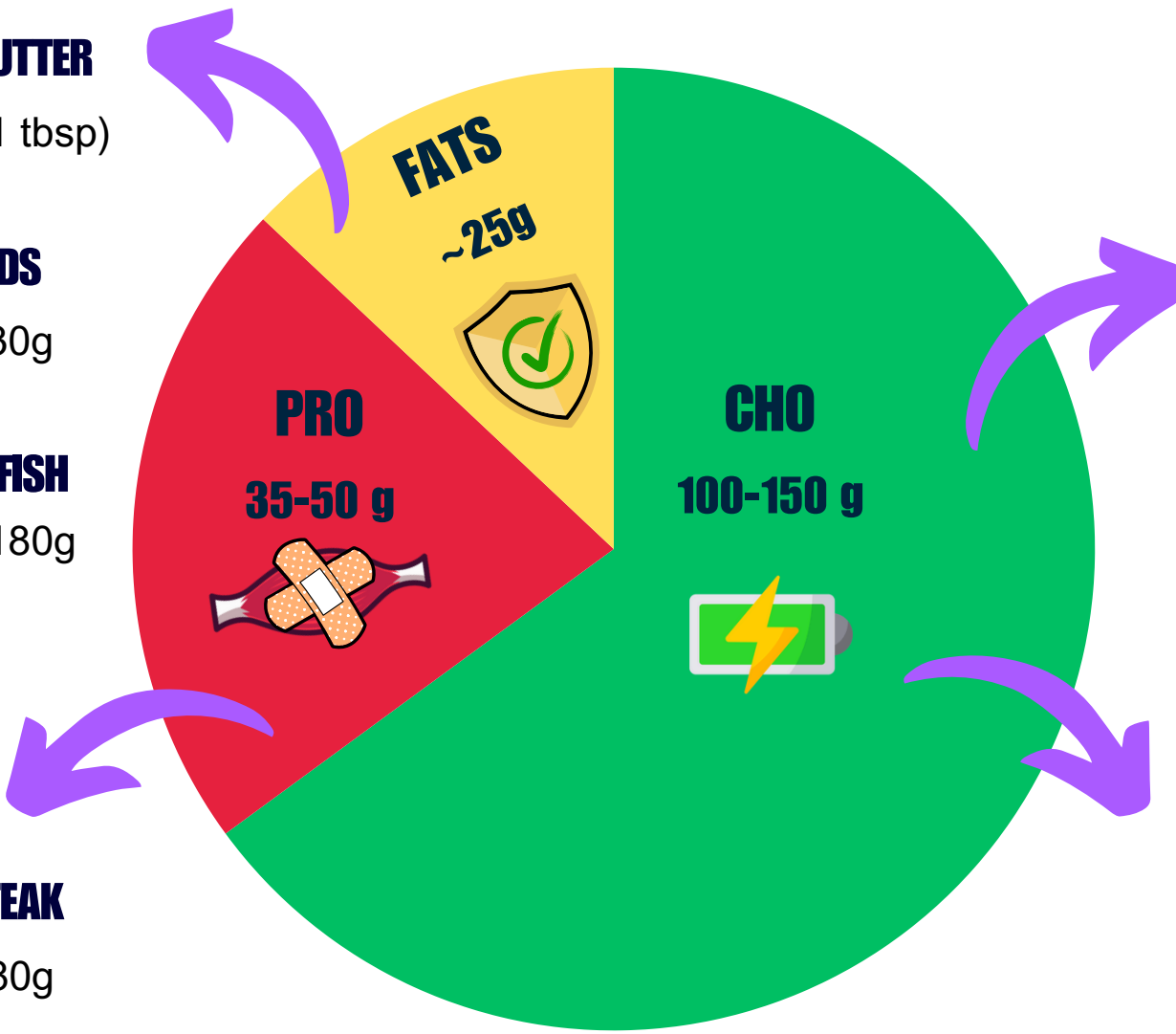
BREAD
200-250g



POTATO
600-700g



NOODLES
130-160g



SCAN BARCODE
FOR RECIPES



FRUITS & VEG

Aim for at least x2 types of fruits or vegetables per serving



Greens



Bulbs



Fungi



Legumes



Tropical



Stems



Citrus



Berries



Roots

SUSTAIN SNACKS



80-370 Kcals



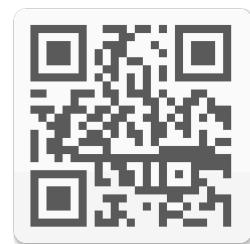
CHO
20-60 g



PRO
0-10 g



FATS
0-10 g



BARCODE
PROVIDES RECIPE

Sustain snacks can act as a 'top up' of fuel to 'sustain' your high intensity energy levels...

PRE TRAINING

Consume roughly 90-60 minutes pre training to fuel high intensity training sessions....



x1 BAGEL OR x2 TOAST
WITH JAM

60g CHO



60g CHILDRENS CEREAL
WITH 200ml MILK

60g CHO



150g YOGURT, 1 BANANA, 80g
BERRIES & HONEY (1 tbsp)

50g CHO



x3 WEETABIX, 200ml MILK,
HONEY (1 tbsp)

60g CHO



BERRY & BANANA
SMOOTHIE

60g CHO



50g GRANOLA, 200ml
MILK, HONEY (1 tbsp)

60g CHO

DURING TRAINING

Consumed during training to sustain energy levels



ENERGY GEL

20g CHO



YOYO BEARS

20g CHO



DRIED FRUIT

20g CHO



SQUARES BAR

30g CHO



SUGAR DRINK

30g CHO



SWEETS (per 4)

~20g CHO



GET BUZZING BAR

40g CHO



ENERGY BALL

20-30g CHO

TOP UP SNACKS

Consume during the day to top up energy levels



GET BUZZING BAR

40g CHO



QUAKER OATS POT

40g CHO



FRUIT

~20g CHO



LOVE CORN

30g CHO



ENERGY BALL

20-30g CHO



QUAKER OATS BAR

40g CHO



SOREEN BAR

20g CHO



STUFFED DATE

20g CHO

REPAIR SNACKS



80-275 Kcals



CHO
0-15 g



PRO
~20 g



FATS
0-15 g



BARCODE
PROVIDES RECIPE

Repair snacks can increase your protein intake optimising your recovery and adaptations...



NUT & BERRY YOGURT BOWL

150g natural yogurt, 80g berries & 15g mixed nuts



BERRY SMOOTHIE

150g natural yogurt, 150g frozen berries & 150g almond milk



HEALTHSPAN ELITE ULTIMATE WHEY PROTEIN BLEND

x1 scoop of protein powder



TOMATO & SPINACH OMELETTE

x2 eggs, x4 cherry tomatoes, handful of spinach & salt & pepper



LENTIL SCOTCH EGG

Scan the barcode for the recipe card



HEALTHSPAN ELITE PLANT BASED HI-LO PROTEIN BAR

x1 protein bar



SKYR YOGURT POUCH OR POT

x1 yogurt pouch or pot



BEEF JERKY

25g beef jerky



CHICKEN SKEWERS

150g chicken breast or thigh seasoned



EGG MUFFINS

Scan the barcode for the recipe card



TUNA POT

Small tuna tin drained



TEMPEH SKEWERS

150g tempeh seasoned



COTTAGE CHEESE WITH CARROT STICKS

200g cottage cheese with 60g carrots



GET PRO YOGURT DRINK OR POUCH

x1 yogurt pouch or pot



PRAWN SKEWERS

150g prawns seasoned