

Nutritional Guidelines

- Eat every 2-3 hours
- Eat lean protein with each meal – 1.2-1.6g/kg bodyweight/day for females and 1.6-2.0g/kg bodyweight/day for males. May be supplemented with a protein powder.
- Eat fruits or vegetables with every meal.
- Ensure your carbohydrates come from fruits or vegetables (exception: after training where other carbs such as rice or pasta are acceptable).
- Drink only non-calorie beverages (water & green tea: best choice).
- Eat fats daily (fish oil, cooking oils (olive) and a small amount of animal fats).
- Consume the majority of your carbohydrates pre- and post- training, especially in a calorie deficit.
- Avoid eating within 3 hours of bedtime for quality sleep and reducing reflux.
- Adhere to these rules 90% of the time (i.e. have one 'cheat day' a week).

These rules have served me well over the years as both a Strength Coach and an athlete, however there are other options/choices available (intermittent fasting, paleo, slow carb etc..) so if you do wish to explore other nutritional options please let me know.

Supplement Recommendations

- Magnesium Citrate 200-400mg/day
- Vitamin D 2000-6000iu/day
- Vitamin K2 100-200ug/day
- Fish Oil 4000-6000mg/day
- Creatine (5g/day)
- Garlic Oil Capsule 1x Daily (if you are prone to colds and flu).
- Glucosamine 1x Capsule Daily (limited evidence but positive anecdotal benefit for joint health).

These reflect the most common deficiencies in the general population, and will most definitely support better health, although they are not a replacement for a healthy overall diet and exercise regime.