

PRE-WORK OUT MEALS

Overnight oats

Almond milk, chia seeds, honey, cinnamon

Egg white omelet

Spinach, mushrooms, tomato, onion

Hot oats

Cinnamon, pink salt, stevia

Choice of banana and walnut or boiled chicken

Avocado toast

Wheat sour dough bread, boiled egg, chia seeds, pine nuts,

Himalayan salt

Banana toast

Peanut butter, granola, honey, wheat bread

POST-WORK OUT MEALS

Tofu scramble, corn tortilla

Onion, mushroom, capsicum, turmeric, nutritional yeast, tamari

Buddha bowl

Quinoa, kale, roasted cauliflower, chickpeas, sweet potato, avocado, tahini-miso sauce

Steamed salmon, couscous

Tomato salsa, black beans

Baked chicken and vegetables

Chicken breast, roasted sweet potatoes, cauliflower, capsicum

Acai smoothie bowl

Chia seeds, coconut flakes, strawberry, kiwi, mango, granola, almond flakes