





	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am TR		Run- 1 hour med intensity	Ride - 1 hour low intensity	Ride- 1.5 hour high intensity	Swim - 1 hour med intensity	Ride - 4 hours med-high intensity - Gels consumed through event	Ride - 2 hours medium intensity
RS 7am		Endura (40gram)- 30grams CHO	Endura (40gram)- 30grams CHO		Endura (40gram)- 30grams CHO		
Break-fast 8am ~45 grams CHO	omelette: 2 whole eggs and 1/3 carton of egg whites, 1 cup spinach, ½ cup mushrooms and ¼ cups mixed seeds (linseed, sunflower, chia and pepita) and 3 slices grain bread	1 cup of natural yoghurt , ¼ cup of strawberries, ¼ cup roasted almonds, ¼ cup mixed seeds (linseed, sunflower, chia and pepita) and ½ cup rolled oats	1 cup of natural yoghurt , ¼ cup of strawberries, ¼ cup roasted almonds, ¼ cup mixed seeds (linseed, sunflower, chia and pepita) and ½ cup rolled oats	omelette: 2 whole eggs and 1/3 carton of egg whites, 1 cup spinach, ½ cup mushrooms and ¼ cups mixed seeds (linseed, sunflower, chia and pepita) and 3 slices grain bread	1 cup of natural yoghurt , ¼ cup of strawberries, ¼ cup roasted almonds, ¼ cup mixed seeds (linseed, sunflower, chia and pepita) and ½ cup rolled oats		Smoothie: 1 cup natural yoghurt, 1 punnet strawberries, 1/3 cup almonds, 1 heaped tbsp of seeds. 1 scoop of protein powder and 100mls milk, 1 tbsp flaxseed oil, 1 cup spinach, 1/3 cup oats
MT 10am ~20 grams CHO	Yoghurt -with fruit (chobani) 20 almonds	2-3 Seeded Biscuits with reduced fat philly cheese amd ¼ avocado (see recipe below) banana	2-3 Seeded Biscuits with reduced fat philly cheese amd ¼ avocado (see recipe below) banana	smoothie- 100mls milk, 1 tub natural chobani yoghurt, 3/4 cup berries, 2 scoops of low carb protein powder, and stevia for sweetness	2-3 Seeded Biscuits with reduced fat philly cheese amd ¼ avocado (see recipe below) banana		Yoghurt (chobani) 20 nuts
Lunch 12.30pm ~35 grams CHO	Tinned salmon salad, ¾ cup rice or 2 pieces m'grain bread and steamed broccoli/ green beans OR 2 other water based veggies of your choice	Basmati rice ¾ cup with tomato, capsicum, rice/ add chicken breast or 2 eggs (like fried rice- without oil), spinach and Kale Add roasted almonds (x 10 and 2 tsp seeds over salad)	goodness superfoods barley wrap x2; assorted veggies tandoori flavoured chicken (using spices) breast; (1 teaspoon light mayonnaise for taste or 2 heaped tsp natural yoghurt over chicken)	Quinoa Salad 1 cup cooked, add tuna, ½ can bean mix and water based vegetables of your choice (1 tsp olive oil)	Omelette (made with ½ carton of egg whites and 2 full eggs), spinach, mushrooms, capsicum. 2 slices of multigrain bread Add one small fruit eg. Kiwi or nectarine	Pizza (homemade)- using 2x superfood barley wraps- made with ham/low fat cheese/veggies on a pita wrap Add one small fruit eg. Kiwi or nectarine	Pasta 1 cup (try and change to lower carb pasta - add veggies and meat to sauce **grate in zucchini, cabbage into the sauce and try and have a meat based sauce
AT 3pm ~10 grams CHO	Vegetable sticks with 2 tbsp dip (hummus or Greek yoghurt dip) and ½ avocado with 2 seeded biscuits	20 almonds Chocolate mousse (see recipe) 2 seeded biscuits with 1/2 tsp Greek yoghurt dip (3 tbsp) 	20-25 almonds ¼ cup of mixed seeds ½ cup strawberries sprinkled with sugar free choc powder 	Vegetable sticks with 2 tbsp dip (2 tbsp hummus or Greek yoghurt dip) And ½ avocado with 2 seeded biscuits	Vegetable sticks with 2 tbsp dip (hummus or Greek yoghurt dip) with one wrap, add cheese here also 	Vegetable sticks with 2 tbsp dip (hummus or Greek yoghurt dip) with one wrap, add cheese here also	2-3 Seeded Biscuits with reduced fat philly cheese amd ¼ avocado with egg baked in the middle 
PM TR 5.30pm	Swim - 1 hour med intensity	Ride- 1 hour high intensity	Swim - 1 hour med intensity	Ride- 1 hour medium intensity			Run- 1 hour low/med intensity
RS 6.30pm	Endura (40gram)- 30grams CHO	Endura (40gram)- 30grams CHO		Endura (40gram)- 30grams CHO			Endura (40gram)- 30grams CHO
Dinner ~50 grams CHO	Chicken Curry Curry spices with broccoli, green beans and cauliflower, chicken breast garlic and onion 1 ¼ cups rice cooked	Dry fry 2 pces eye fillet meat and add lots of salad- tomato, low fat cheese or cottage cheese, 1 medium sweet potato, ½ medium cob corn and 2 small charisma potatoes	Seared fish (barramundi or salmon), baked pumpkin, broccoli and beans and 1.5 cups cooked noodles - flavor with sesame oil	3 x Beef burgers (use egg to bind, add grated apple and carrot and zucchini, salt, parsley **Steamed veggies with olive oil 1 1/3 cups quinoa	Chicken stirfry/grilled chicken add veggies of your choice (sauce- soy) with 1 ¼ cups long grain or wild rice	Frittata (using 2 full egg to 5 egg whites) with ½ cup corn Add zucchini, capsicum Add big green salad (1 tsp olive oil), add 2 slices of bread	Stuffed peppers; beef/pork lean mince, ½ cup breadcrumbs, egg white, grated zucchini AND salad (1 tsp olive oil) - add 1 cup rice cooked
Supper OPTIONAL 10 g CHO	Strawberries 1 cup With chocolate sugar free powder	1 hard boiled egg and 2 slices of cheese with veggie sticks (include natural peanut butter here)	1x Fresh fruit cut up vegetable sticks and have some low fat dip (2 tbsp)	2 x slices of cheese and some mixed veg with dip with veggie sticks (include natural peanut butter here)	1x Fresh fruit 1 hard boiled egg and 2 slices cheese	Strawberries 1 cup With chocolate sugar free powder	Strawberries 1 cup With chocolate sugar free powder