

John's eating plan
A training day

Breakfast

1 x orange (kick start metabolism)
1 x wholemeal toast, smear of butter/honey
Cup coffee/tea

Mid-morning snack

Banana
2 x thin slices malt loaf
Cup coffee/tea

Lunch

Wholemeal sandwich (chicken + salad maybe)
Handful grapes/ a pear

Afternoon snack

Bread and cheese (avoid relish/salad as before training)
Fruit juice (dilute 50:50 with water)
Cup coffee/tea

Training session immediately followed by sports drink

Dinner

Salmon and pasta gardenara (basically pasta with loads of vegetables – broccoli, courgettes, onions etc)

Tips: - drink water throughout the day. Aim for 2 litres.

About alcohol- keep it to a minimum, especially when training. It dehydrates you and hinders good sleep. Scientifically it reduces the good hormones that your body produces after training. The odd glass of wine is okay. Do not miss meals. Get in to a good eating routine.