

Meal Frequency			Pre Workout Breakfast	Cream Cheese Bagel
Morning Training	Midday Training	Evening Training	Banana & Coffee with milk	1 pack of smoked salmon 1 bagel
Meal 1- 06:00	Meal 1- 09:00	Meal 1- 09:30	Breakfast	Spread of cream cheese Chives
Training	Meal 2- 11:00	Meal 2- 12:30	Scrambled Eggs and Toast	Pancakes
Meal 2- 09:00	Training	Meal 3- 16:00	2 Scrambled Eggs Slice of whole wheat bread Spread of butter Bacon or Prosciutto Ham	1 Banana 2 Eggs 2 Tbs coconut flour 100g frozen blueberries
Meal 3- 12:30	Meal 3- 14:00	Training	Protein Porridge	French Toast
Meal 4- 18:00	Meal 4- 18:00	Meal 4- 19:00	Porriade Serving Choco Powder Honey	2 Slices Wholemeal Bread 2 Eggs 3 Slices Bacon Honey Chocolate Sauce
Meal 5- 21:00	Meal 5- 21:00	Meal 5- 23:00	Can add protein powder and frozen raspberries after a training session	



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Not published yet.
Last updated 2nd April, 2017.
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