



NUTRITION GUIDE

WHAT ARE NUTRIENTS?



Macronutrients

Macronutrients are the primary nutrients required by the body in large amounts to maintain energy and overall health. They include carbohydrates, proteins, and fats. Carbohydrates are the body's main energy source, found in foods like grains, fruits, and vegetables. Proteins, essential for tissue repair and muscle building, are present in meats, dairy, legumes, and nuts. Fats, important for energy storage and cell function, are found in oils, butter, avocados, and nuts. Each macronutrient plays a crucial role in bodily functions and overall well-being.



Micronutrients

Micronutrients are essential nutrients needed by the body in smaller amounts compared to macronutrients. They include vitamins and minerals that are crucial for various bodily functions, such as immune response, bone health, and energy production. Vitamins, like vitamin C and vitamin D, support immune function and bone health, while minerals, such as iron and calcium, are vital for blood production and bone strength. Micronutrients are found in a variety of foods, including fruits, vegetables, meats, and dairy products. Despite being required in smaller quantities, they are indispensable for maintaining overall health and preventing deficiencies.



HOW TO BUILD YOUR PLATE?



Carbs

Women: 1 cupped hand per serving
Men: 2 cupped hand per serving
1 cupped hand is approx. 20-30g



Protein

Women: 1 palm per serving
Men: 2 palms per serving
1 palm is approx. 20-30g



Fats

Women: 1 thumb per serving
Men: 2 thumbs per serving
1 thumb is approx. 7-12g



Vegetables (non-starchy)

Women: 1 fist per serving
Men: 2 fists per serving



These portions are for general guidance, portions may be adjusted according to how active you are, how frequently you eat, your goals and needs.

WHAT TO EAT?



Carbs sources

- Brown rice
- Quinoa
- Fruit
- Pumpkin
- Sweet potatoes
- Oats
- Corn
- Beans
- Lentils
- Bread
- Pasta
- Wraps



Protein sources

- Eggs
- Fish
- Poultry
- Lean red meat
- Cottage cheese
- Tofu
- Tempeh
- Beans
- Lentils
- Plain Greek yogurt
- Protein powder
- Shellfish



Fats

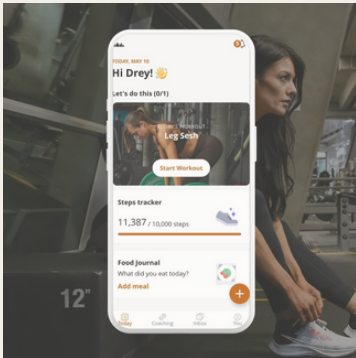
- Olive oil
- Avocado
- Nut butters
- Nuts
- Seeds
- Egg yolk
- Dark chocolate
- Cheese
- Pesto
- Olives



Vegetables (non-starchy)

Eat the rainbow!!!

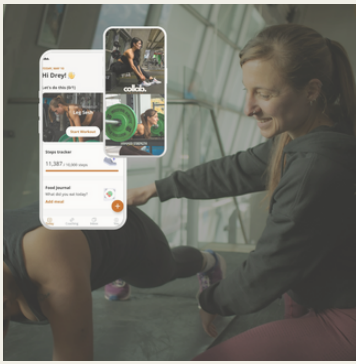
START YOUR JOURNEY



1:1 Online Coaching

- Personalised Training programme
- Nutritional guidance & tracking
- Weekly check-ins
- 2-way messaging with your coaches

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1:1 Hybrid Coaching

- The benefits of online coaching
- 1x 45min PT session/month
- 1x 15min check-in call/month

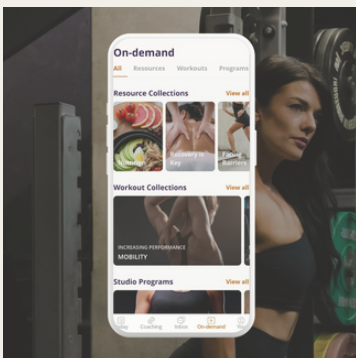
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- Immediate accountability
- Training technique
- Various package options

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