

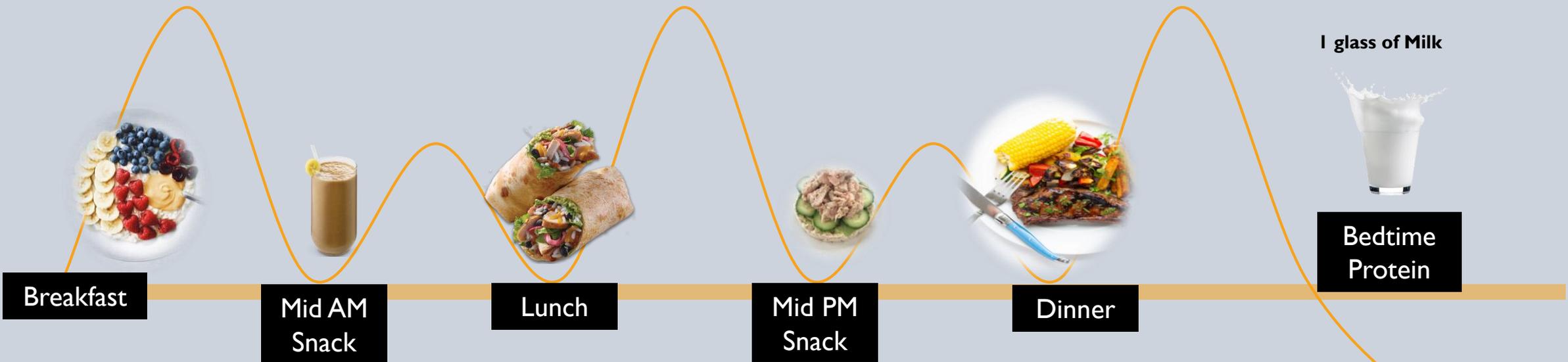
# THE TIMING OF MEALS AND SNACKS ARE CRUCIAL FOR RESULTS

*Spread carbohydrate and protein intake out over the whole day. This allows for the body to optimise nutrient utilisation for better performance, maintaining energy levels, recovery and appetite control. For most people it includes 3 main meals with smaller snacks in-between.*

- Blood sugar levels

**Eat Well. Play Better**

\* Amounts vary based on different factors



- ✓ Have Balanced Main meals which should include **COMPLEX** carbohydrates, fruit or vegetables and protein
- ✓ Aim to have around 20 – 30\* grams of protein every 2-3 hours, spread out over the day, rather than 2 large protein-rich meals
- ✓ Post-Training Snacks or Mid-meal snacks should be consumed within 30 minutes after training