

6 WEEK KICKSTART NUTRITION CHALLENGE

Sneak Peak

MANDURAH
SPEEDFIT
THE SMARTER WORKOUT ▶

VOL. 1

CHAPTER 01

*Before
SpeedFit
Session*

Nutrition Tips

BEFORE SpeedFit Session

- Hydration: Drink water adequately before your session.
- Proper hydration helps maintain muscle function and reduces the risk of cramps during training.
- Carbohydrates: Consuming complex carbohydrates a couple of hours before the session can provide sustained energy. Options include whole grains, oats, or a piece of fruit.
- Protein: Eating a small portion of lean protein can help support muscle repair and recovery during the session. Consider options like yogurt, lean chicken, or tofu.
- Avoid Heavy Meals: It is important not to eat a heavy meal immediately before training to prevent discomfort. A light snack or meal is preferable.
- Limit Caffeine: While a small amount of caffeine can boost energy, excessive intake may lead to jitteriness. You should be mindful of your caffeine intake if you consume it before training.



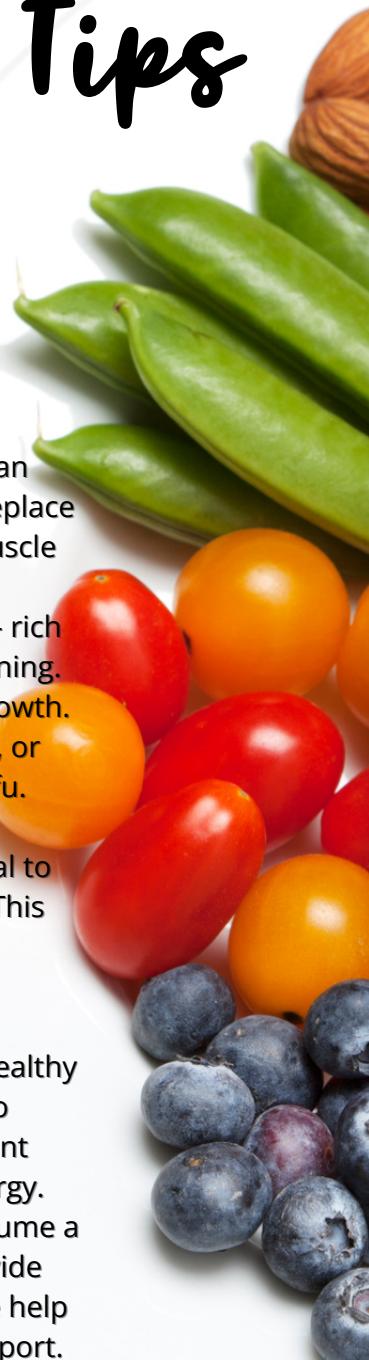
CHAPTER 02

After
SpeedFit
Session

Nutrition Tips

AFTER SpeedFit Session

- Rehydration: Rehydrate with water or an electrolyte drink after the session to replace lost fluids. Proper hydration aids in muscle recovery.
- Protein: Be sure to consume a protein-rich meal or snack within 2 hours after training. Protein supports muscle repair and growth. Options include lean meats, fish, dairy, or plant-based sources like beans and tofu.
- Carbohydrates: Include complex carbohydrates in the post-training meal to replenish glycogen stores in muscles. This helps with energy recovery and overall recovery. Sweet potatoes, quinoa, and brown rice are good choices.
- Healthy Fats: Incorporate sources of healthy fats like avocados, nuts, or olive oil into post-workout meals. They aid in nutrient absorption and provide sustained energy.
- Fruits and Vegetables: Be sure to consume a variety of fruits and vegetables to provide essential vitamins and minerals. These help with overall recovery and immune support.



CHAPTER 03

Meal Ideas



CHICKEN BURRITO BOWLS

PREP TIME 10 MINS | TOTAL TIME 35 MINS | MAKES 6 SERVINGS 1 SERVING = 516 G

INGREDIENTS

- 3 Boneless, skinless chicken breast
- 3 Peppers, sliced
- 1 Large red onion, sliced
- 1 Punnet of tomatoes, diced
- 1 Lime, wedged
- 1/2 Cup of fresh coriander
- 2tbsp Olive oil
- 1 Cup cheddar, grated
- 3 Cups brown rice
- 200g Sweet corn (or 1 corn cob per serving)
- 200g Black Beans
- 1tbsp Paprika
- Salt and Pepper to taste

METHOD

1. Preheat oven to 200 °C.
2. Line a baking sheet with foil. Sprinkle the taco seasoning evenly over both sides of the chicken breasts.
3. Salt and pepper the peppers and onions, tossing to coat.
4. Place the chicken, peppers, and onions onto the baking sheet and drizzle with oil. Bake in a preheated oven for 25 minutes.
5. Rest chicken for 10 minutes, before slicing into strips.
6. Add a base of brown rice to 6 bowls or 6 food storage containers. Top each with a scoop of black beans, corn, cheddar cheese, diced tomatoes, cooked peppers and onions, and sliced chicken. Garnish with fresh coriander and a lime wedge.
7. Enjoy immediately or store in the fridge for up to 4 days...MEAL PREP DONE!

NUTRITION FACTS:
46G PROTEIN 53G CARBS 14G FAT



GARLIC & PARMESAN BROCCOLI & CAULIFLOWER

PREP TIME 10 MINS | TOTAL TIME 30 MINS | MAKES 4 SERVINGS 1 SERVING = 168 G

INGREDIENTS

1/2 Head cauliflower, chopped
1 Head broccoli, chopped
4 Garlic cloves, minced
1tbsp Olive oil
1tbsp Parmesan cheese, grated
Salt and Pepper to taste

METHOD

1. Preheat oven to 200 °C.
2. In a large bowl, combine the cauliflower, broccoli, garlic and olive oil. Toss to evenly coat the veggies with the minced garlic and oil.
3. Spread the mixture onto a large baking sheet and bake for 20 minutes.
4. Pull the veggies out of the oven and immediately sprinkle them with parmesan cheese, salt, and pepper.
5. Enjoy immediately, serve as a tasty side dish.

NUTRITION FACTS:
4G PROTEIN 10G CARBS 4G FAT



APPLE & PEANUT BUTTER OVERNIGHT OATS

PREP TIME 5 MINS | TOTAL TIME 7 HOURS | MAKES 5 SERVINGS 1 SERVING = 1 JAR

INGREDIENTS

- 2 1/2 Cups rolled oats
 - 2 1/2 Cups milk
 - 2 1/2tsp Vanilla
 - 2 1/2tsp Cinnamon
 - 5tbsp Chia seeds
 - 1/3 Cup natural peanut butter
 - 3 Apples, peeled, cored and cubed
- 5 Mason jars to serve (substitute for small lunch boxes)

METHOD

1. Split the rolled oats by dividing 1/2 cup into each of the 5 containers
2. Divide the milk (1/2 cup each), vanilla (1/2 tsp each), cinnamon (1/2 tsp each), chia seeds (1 Tbsp each), and peanut butter (1 Tbsp each) into the 5 mason jars.
3. Stir each of the containers to combine the ingredients evenly.
4. Divide the apple between the containers.
5. Tightly seal with lids and store in the fridge overnight, enjoy as a grab and go breakfast.
6. Store in the fridge for up to 1 week.

Get inspired by the seasons. Swap apple for berries for a jar of oaty, summery goodness.

NUTRITION FACTS:

18G PROTEIN 55G CARBS 21G FAT



Week 1

Protein Consumption

Week 1: Protein Consumption

This week, we're focusing on protein consumption. Protein is an essential nutrient that helps build and repair muscle, as well as keep you feeling full and satisfied. Aim to consume at least 1 gram of protein per pound of body weight each day. For example, if you weigh 150 pounds, you should aim for 150 grams of protein per day.

**Are You Up For
The Challenge?**

Email us:

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snack.