

2/4/19

# GYMNASIUM

150mls (3 Scoops) + 500mls b.g.

85g

Milk

leaves b/4 1hr after

136

580  
88

17

WHEY powder

flavours →

- Vanilla
- Strawberry
- Chocolate

Addendum

Water



Hydrate

6-8 litres of H<sub>2</sub>O/day

85g = 8 packets of M&S Trainer

Prots

fruit & veg.

Smoothies

- Salmon
- Prawns

- Cucumber
- Bananas
- Nuts

- Chicken
- Turkey
- Beans
- Lamb
- Eggs

- Strawberries
- Yogurt
- Spinach
- Honey
- Avocado
- Cucumber pair
- Pine apple
- Coconut

- Ice cream
- Nuts
- Honey
- Fresh berries
- Bananas

7  
5

7  
5

7  
7

