



ARNOLD CLASSIC 2016

Week 1 Nutrition

| # | Meal |
|---|---|
| 1 | 120g Oats 20g Almonds 30g Protein |
| 2 | 4 eggs Mixed Salad 1 EPA capsule 2 teaspoon flaxseed oil |
| 3 | 75g dry pasta 175g turkey mince Mixed veg or salad |
| 4 | 300g white potato 200g fish or turkey or chicken |
| 5 | 150g salmon 2 EPA capsules |

Pre workout shake: 20g carbs 10g BCAA

Intra workout shake: 20g carbs 10g BCAA

Post workout shake: 50g carbs 30g whey protein

Saturday night this week was Date Night! I ate at Nando's and shared a whole chicken, salad, corn cob and sweet potato wedges.



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Weeks 2 and 3 Nutrition

| # | Meal |
|---|---|
| 1 | 120g Oats 20g Almonds 30g Protein |
| 2 | 4 eggs Mixed Salad 1 EPA capsule 2 teaspoon flaxseed oil |
| 3 | 75g dry pasta 175g turkey mince Mixed salad |
| 4 | 300g white potato 200g fish or turkey or chicken Mixed veg or salad |
| 5 | 150g salmon Mixed salad 2 EPA capsules |

Pre workout shake: 20g carbs 10g BCAA

Intra workout shake: 20g carbs 10g BCAA

Post workout shake: 50g carbs 30g whey protein