



2015 OLYMPIA PREP

Nutrition Plan – Weeks 1-4

#	Meal	Calories
1	150g Oats 15g Almonds 15g Blueberries 34g Protein	792
2	250g sweet potato 200g chicken Mixed vegetables	692
3	65g dry rice (130 cooked) 200g chicken Mixed vegetables	577
4	250g white potato 200g chicken Mixed vegetables	763
5	100g dry brown pasta Tuna steak Mixed vegetable	462
6	150g Salmon or 150g Steak (alternate each day) 200g sweet potato Mixed vegetables	612 / 783

Supplements

6 CLA tabs

6 HMB tabs

6 multi vits

Pre workout shake: 20g carbs 10-15g BCAA (80 cal)

Intra workout shake: 20g carbs 10-15g BCAA (80 cal)

Post workout shake: 50g carbs 35g whey protein (336 cal)

Total calories: 4,394 / 4,565



2015 OLYMPIA PREP

Nutrition Plan – Weeks 5-8

#	Meal	Calories
1	100g oats 25g Almonds 30g blueberries 34g Protein	692
2	4 boiled eggs 10ml flaxseed oil	390
3	65g dry rice (130 cooked weight) 200g chicken Mixed veg	577
4	250g white potato 200g chicken Mixed veg	763
5	75g (dry weight) pasta 150g turkey Mixed veg 10ml flaxseed oil	430
6	150g salmon or 150g steak (alternate each day) Mixed vegetables	356 / 527

Supplements

6 CLA tabs

6 HMB tabs

6 multi vits

Pre workout shake: 20g carbs 10-15g BCAA (80 cal)

Intra workout shake: 20g carbs 10-15g BCAA (80 cal)

Post workout shake: 50g carbs 35g whey protein (336 cal)

Total calories: 3,704 / 3,875



2015 OLYMPIA PREP

Nutrition Plan – Weeks 9-11

#	Meal	Calories
1	80g Oats 10g Almonds 30g blueberries 34g whey protein	524
2	4 boiled eggs 10ml flaxseed oil	390
3	50g dry rice 200g chicken Mixed veg	524
4	200g white potato 200g chicken Mixed veg	533
5	150g turkey Mixed veg 10ml flaxseed oil	321
6	150g salmon Mixed salad or mixed veg	356

Supplements

6 CLA tabs

6 HMB tabs

6 multi vits

Pre workout shake: 20g carbs 10-15g BCAA (80 cal)

Intra workout shake: 20g carbs 10-15g BCAA (80 cal)

Post workout shake: 50g carbs 35g whey protein (336 cal)

Total calories: 3,144



2015 OLYMPIA PREP

Nutrition Plan – Week 12

Monday, Tuesday, Wednesday

#	Meal	Calories
1	80g oats 10g Almonds 30g blueberries 34g whey protein	524
2	4 whole eggs 10ml flaxseed oil	390
3	200g chicken Mixed vegetables 10g flaked almonds	407
4	150g turkey breast 150g sweet potato Mixed vegetables	473
5	200g chicken Mixed salad 10ml flaxseed oil	417
6	150g Salmon Mixed salad or vegetables	356

Supplements

Pre workout shake: 20g carbs 10-15g BCAA (80 cal)

Intra workout shake: 20g carbs 10-15g BCAA (80 cal)

Post workout shake: 50g carbs 35g whey protein (336 cal)

Total calories: 3,063



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Nutrition Plan – Week 12

Thursday

#	Meal	Calories
1	100g tri carb with 35g whey protein	532
2	100g tri carb with 20g whey protein	476
3	200g rolled oats 2 bananas	998
4	500g white potato 100g chicken breast	615
5	100g (dry weight) rice	354
6	500g white potato 100g chicken breast	615
7	500g sweet potato Bundle of asparagus	790

Supplements

4000mg Vit C

Total calories: 4,380



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Nutrition Plan – Week 12

Friday

#	Meal	Calories
1	200g Oats 2 bananas	998
2	500g white potato 100g chicken breast	615
3	100g (dry weight) rice Bundle of asparagus	382
4	500g white potato 150g Turkey breast	621
5	500g sweet potato Bundle of asparagus	668
6	500g sweet potato 140g Salmon	915
2 bananas (spaced out throughout the day)		220

Supplements

5000mg Vit C

Total calories: 4,419

Saturday – competition day

I graze on rice cakes and white potato depending on what time I'll be on stage.

I should be full by now from the previous few days carb-ing, so I try to make sure I don't overload my stomach with food on the day. I don't want to feel bloated before stepping on stage or in front of a camera!

Sunday – rest day

I always enjoy some food that I've craved all my prep and switch off from counting calories and hitting the times of day to eat.