

What's on your plate?

There's no one-size-fits-all plan, use this guide to tailor a diet to your needs. Focus first on **calories**, then **nutrients**, and finally on **variety**. Adjust your nutrition to match your training programme.

Eat every 2-3 hours, intake vs. output.

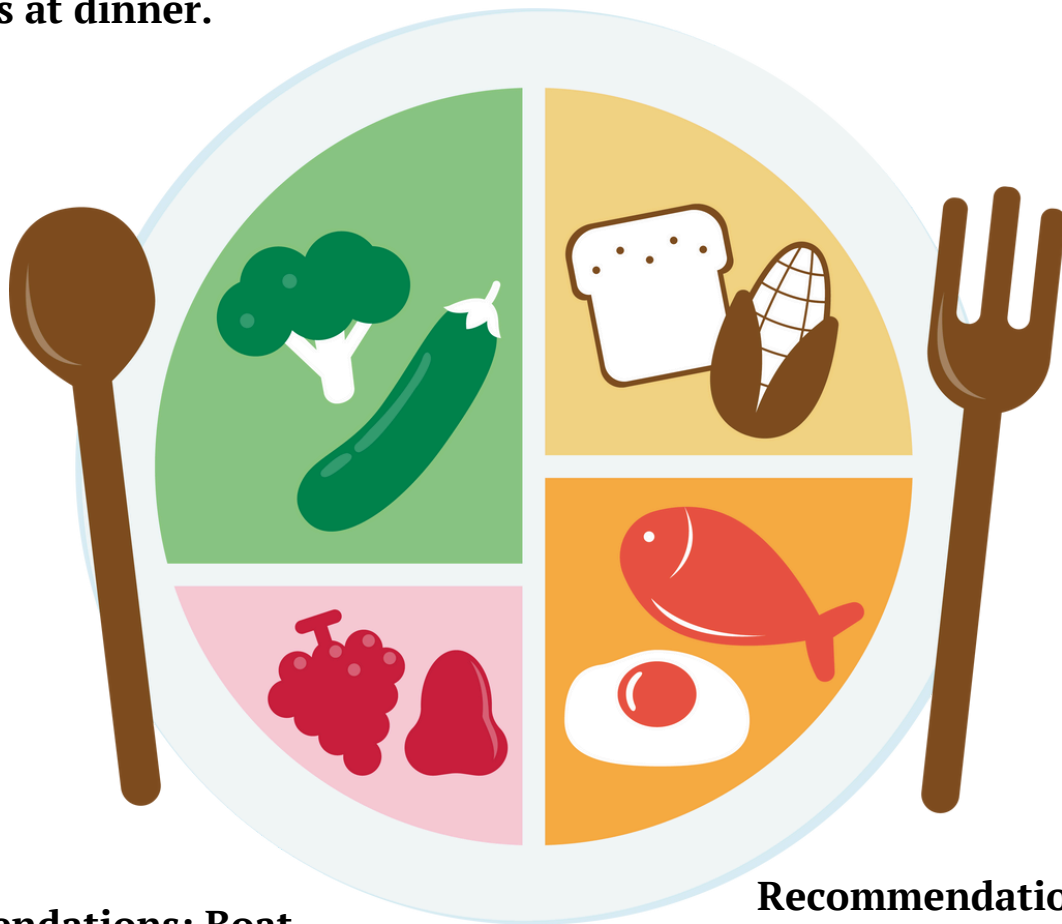
Batch cook for ready made snacks

Have treats sparingly

Recommendation: Unlimited consumption of vegetables, except root vegetables. Incorporate as many as you can.

Timing: Side salad at lunch, plenty of vegetables at dinner.

Recommendation: Pasta, rice, potatoes, and bread will be needed to meet the carb requirements.



Recommendations: Boat ready energy and after sessions.

Timing: Fruits before/after sessions.

Recommendations: Meat, poultry, fish, eggs, and beans.

Dairy and alternatives consume 1-hour before bedtime.

Stay well hydrated. Fruit juices only at breakfast.

Consume healthy plant oils moderately.

Additional healthy fats may help to offset any carbohydrate deficit.

Table Manners

Follow these simple steps to help create a nutritional regimen for rowing:

- Calculate your daily energy needs (use body weight x 50-55 kcal/day, as a guideline).
- Keeping a food diary – analysing your current diet will identify areas for improvement.
- Aim to eat 5-6 meals a day, prioritising carbohydrate intake around training sessions.
- Include a source of protein in every meal, particularly before bed to support recovery.
- Increase calorie intake with healthy fats (e.g., consume 1-2 portions of fish per week or a suitable omega-3 alternative).
- Ensure a daily fibre intake of at least 30g by including foods like fruit (e.g., oranges, apples, bananas), lentils, beans, almonds, and fermented foods.
- Strive to eat 30 different plant-based foods each week, such as fruits, vegetables, herbs, spices, beans, and legumes.
- Focus on eating a wide variety of foods to ensure a balanced intake of calories and nutrients.
- Reduce reliance on ultra-processed foods (those with more than five ingredients, including artificial sweeteners opt for natural alternatives).
- Track your progress by monitoring body composition, performance metrics, and subjective factors such as mood, energy levels, and overall perception of well-being.