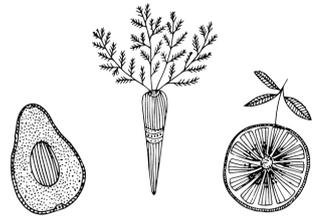


# PRE-COMPETITION PROGRAMME



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Based on 80kg, 6ft, 2-3 days before competition, aim to increase carbohydrate content of meals for optimal glycogen storage in the muscles. Do not skip the evening meal - the day before keep foods familiar and simple. ~ 3000kcal

## Example Meal Plan:

Breakfast ~ 800kcal

3 slices wholemeal toast  
3 tsp honey  
250ml orange juice  
1 banana

Lunch ~ 750kcal

125g wholewheat pasta  
60g chicken  
tomatoes  
cucumber  
salad leaves  
drizzle of olive oil/vinegar  
Cacao & orange Nakd Bar

Throughout Day ~ 250kcal

1000ml Lucozade Sport

Mid-morning ~ 125kcal

Jordans Frusli Bar

Mid-afternoon ~ 125kcal

200ml flavoured milk

(add 1/2 tsp of vanilla extract, 1/4 tsp ground cinnamon and 2 tps honey to 200ml of semi-skimmed milk)

Dinner ~ 850kcal

2 x 300g baked potato  
100g grilled salmon  
large handful of broccoli  
large handful of carrots  
100g rice pudding

Evening Snack ~ 100kcal

1 banana

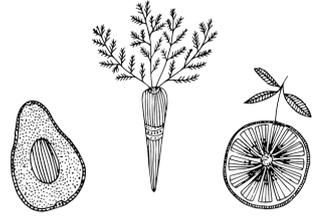
### Macros

Carbs: 609g (80%)  
Protein: 100g (13%)  
Fat: 25g (7%)

# COMPETITION DAY PROGRAMME

This programme should be practised during training to check for no ill-effects.

Aim for 30-60g of carbohydrate per hour.



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**Pre-competition meal** 2-4 hours before the event and should be carbohydrate rich. It is not a good strategy to compete on an empty stomach

This could look like:

- porridge with bananas
- cereal with milk and dried fruit
- toast or bread with jam/honey, yoghurt
- eggs on toast
- sandwich or rolls with tuna, cottage cheese or chicken, fresh fruit
- pasta or rice with tomato sauce, fresh fruit
- baked potato with tuna, cottage cheese or chicken, fresh fruit

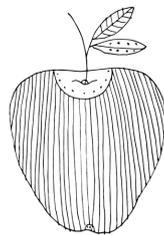
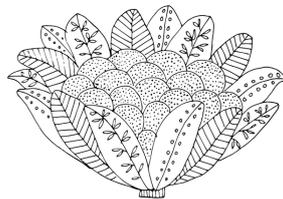
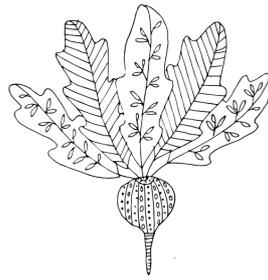
## Pre - competition snack (1 hour before)

- smoothie
- fruit and nut bar
- energy gels
- low fat fruit yogurt
- rice cakes with nut butter
- fresh or dried fruit

## Food During Competition

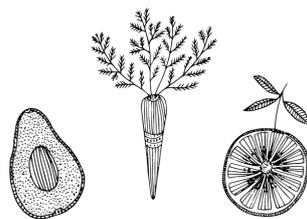
- smoothie-milk/yoghurt based
- dried fruit bar/flapjack
- granola bar
- low fat fruit yogurt
- rice cakes/oatcakes
- fresh or dried fruit

Drink fluid throughout to replace fluids lost. **On completion:** eat a carb and protein based snack immediately and a carbohydrate rich meal within 2 hours to replenish glycogen stores. Avoid fatty or rich meals and drink plenty of fluid



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