

Tip sheet

Nutrition

Our bodies and minds are like a machine – needing quality fuel to run smoothly. So, if you want to maximise your energy, productivity and focus, it's important to get the right nutrition.



Nutrition tips

- Eat regular meals with a maximum 3-4 hours between each meal
- Make sure you eat 3 main meals and snack as needed in between to stabilise your blood sugar
- Start your day with a protein-rich breakfast to keep you full and satisfied for longer
- Balance every meal with complex carbohydrates, protein and healthy fats
- Eat real and whole foods as much as possible such as whole grains, fresh fruit and vegetables, grass fed meat, organic eggs and fresh fish

- Eating seasonally gives your diet more variety and ensures that we get a good spread of vitamins, minerals and phytochemicals (beneficial plant chemicals)
- Avoid having more than 2 coffees (or 1 energy drink) per day. Instead, try herbal teas, water or a green smoothie. You'll get a nice energy boost without the caffeine/sugar crash.

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