

Snacks

Pre exercise snack ideas – Easily digested snacks with a higher carbohydrate load to optimise quick release of energy

Consume 30 - 60 minutes before exercise



1 banana sliced on 2 corn thins or 2 light cruskits + ground cinnamon



1 slice of multigrain bread, ½ banana, 1 level tsp|5g of honey + ground cinnamon



3 'Smooshed Whole Food Balls'

Post exercise snack ideas – High quality protein mixed with carbohydrate to optimise muscle stimulation and recovery

Consume 30 - 60 minutes after exercise if not following exercise with a main meal



Chobani Fit X Flip Yoghurt (any flavour)



2 Cruskits with 2 tbsps|40g of low fat cottage cheese + 60g lean shaved ham or lean shaved turkey (30g per biscuit)



1 boiled egg sliced, 2 cruskits, 2 tbsps|40g low fat cottage cheese



2 cruskits, 4 tbsps|80g low fat cottage cheese + 1 tsp|5g honey or ¼ cup strawberries



¾ cup low fat/skim milk with 1 tbsp of Milo



160g Chobani 0.5% Fat Plain Yoghurt, 1 cup strawberries + 1 tsp|5g honey + ground cinnamon



1 X YoPro Yoghurt OR Chobani Fit Yoghurt + a small piece of fruit or 6 almonds



1 X YoPro Yoghurt OR Chobani Fit Yoghurt with 1 boiled egg



1 tin tuna in spring water, drained, 1 tablespoon low fat cottage cheese, squeeze of lemon juice, sliced tomato on 2 x corn thins