

NUTRITION GUIDE

HYPOXI®

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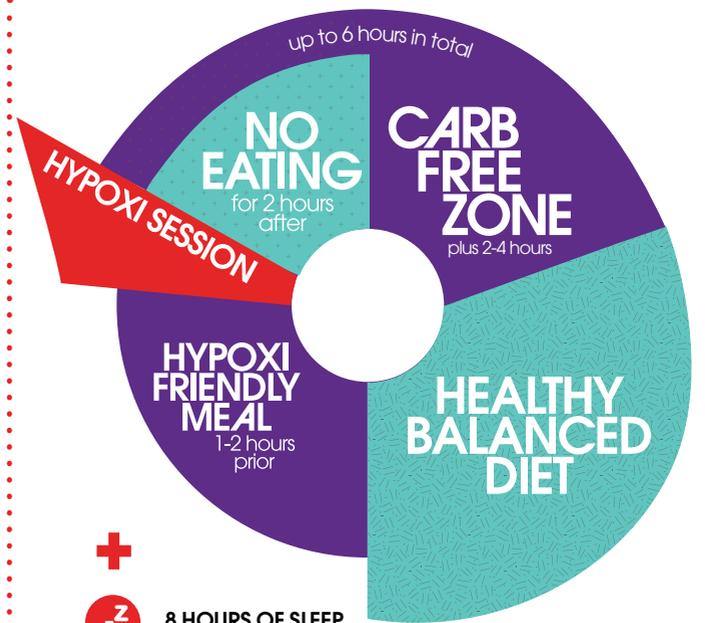


Healthy eating means following a balanced diet that provides you with the adequate energy at the right time to ensure your body burns the maximum amount of fat during your HYPOXI-Training. To ensure you achieve the best results, simple nutritional guidelines should be followed before and after your HYPOXI session.

BETTER NUTRITION BETTER RESULTS

WHAT IS A CARB?

- POTATOES
- SWEET POTATOES
- PUMPKIN
- BETROOT
- CARROTS
- RICE / COUS COUS
- PASTA / NOODLES
- LEGUMES / BEANS
- NUTS / SEEDS
- BREAD / PASTRY
- OATS / CEREAL
- BANANAS
- MELON
- MANGO
- CHERRIES
- APPLE / PEAR
- DRIED FRUIT
- MILK / YOGURT
- ICE CREAM
- SUGAR
- CHOCOLATE
- LOLLIES
- JAMS / PRESERVES



- 8 HOURS OF SLEEP
- NO ALCOHOL after session
- NO CAFFEINE after session
- NO EXERCISE on HYPOXI days for optimum results
- KEEP HYDRATED 1.5-2 l of water

WHY DO YOU NEED TO AVOID CARBS?

To maximise the amount of fat your body metabolises during and after HYPOXI, it is important that you don't consume any food for two hours after your HYPOXI session and then no carbohydrates for a further 2-4 hours otherwise you will just burn food instead of your stubborn fat. **Don't forget!** Carbs are sneaky and not only found in pasta, bread and rice. Avoid any of the foods that contain more than 10gm of carbs per 100gm and eating unnecessary snacks.



POST HYPOXI MEAL IDEAS

BREAKFAST

- 1 x small tub of natural yoghurt with fresh berries
 - 1 x hard boiled egg
- 1 x poached egg and steamed spinach
 - 1 cup cottage cheese with fresh berries
- omelette: 2 x egg whites with 1 cup chopped tomatoes, mushrooms or spinach and smoked salmon

LUNCH

- grilled chicken/lean beef/fish (palm sized hand) with salad
 - tin salmon/tuna with vegetables
 - caprese salad
 - large green salad with mixed vegetables (avoid root vegetables)
 - 6-8 pieces sashimi and salad
 - turkey and lettuce wrap

DINNER

- chicken/lean beef/lamb stir fry with vegetables (no noodles)
- homemade vegetable soup
- salmon steak and green roasted vegetables
- beef/lamb steak with steamed mixed vegetables
- baked fish with steamed asian vegetables
- san choy bow (no rice noodles)
- prawn and avocado salad

SMALL MEALS

- ½ avocado dressed with olive oil and cracked pepper
- cucumber ship filled with small can of tuna mixed with cottage cheese
- celery stick filled with cottage cheese
- 2 x medium strawberries mixed with 2 x spoons of natural yoghurt