

better
NUTRITION
better
RESULTS

HYPOXI

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NUTRITION

guide

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.

Why do you need to avoid carbs?

After your HYPOXI session your body will continue to function in its optimum fat burning zone. To maximize the amount of free fatty acids 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

Don't forget! Carbs are sneaky and not only found in pasta, bread and rice. Avoid any of the foods listed below and those that contain more than 10gm of carbs per 100gm.



Image source: Pinterest

POTATOES
SWEET POTATOES
PUMPKIN
CARROTS
RICE / COUS COUS / PASTA
LEGUMES / BEANS
NUTS / SEEDS
BREAD / PASTRY
OATS / FLOUR / CEREAL
BANANAS / MELON / APPLE
DRIED FRUIT
MILK / YOGURT
ICE CREAM
SUGAR / LOLLIES

BREAKFAST

1 slice wholegrain
toast with avocado and tomato

LUNCH

Chicken and salad
wholegrain wrap

SNACK

Skim flat white
medium apple

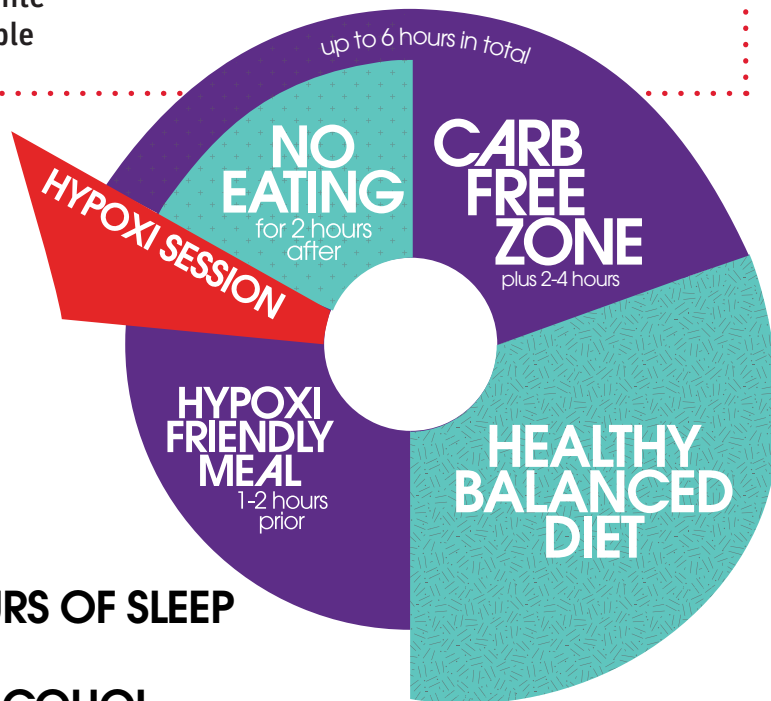
HYPOXI SESSION

SNACK

1 x hard boiled egg

DINNER

Grilled salmon & steamed
vegetables



8 HOURS OF SLEEP



NO ALCOHOL after session



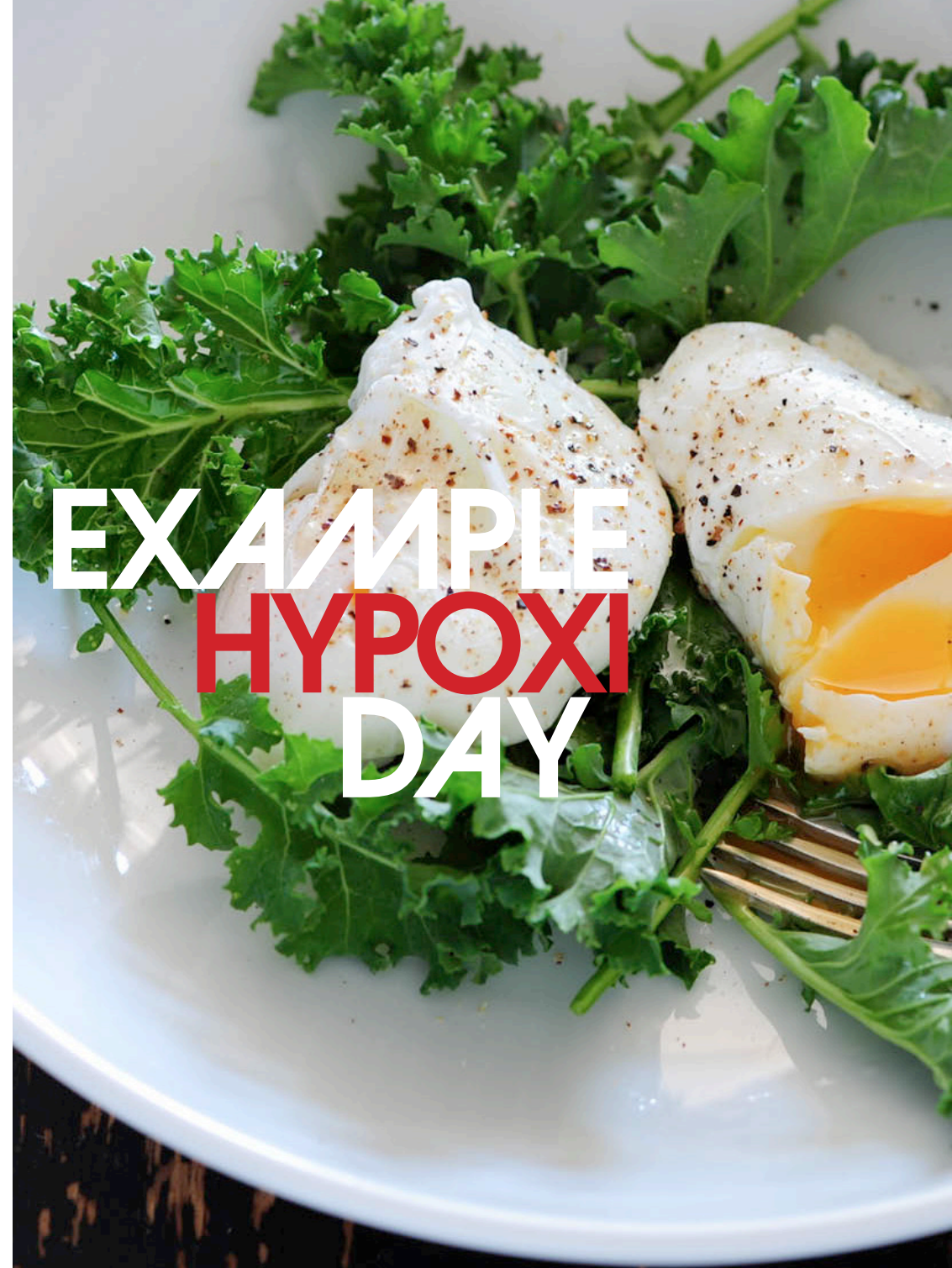
NO CAFFEINE after session



NO EXERCISE 4-6 hrs after session



KEEP HYDRATED 1.5-2 l of water



EXAMPLE
HYPOXI
DAY



HYPOXI FRIENDLY MEAL IDEAS

BREAKFAST IDEAS

- 1 x small tub of natural yogurt 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 IDEAS

- 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 IDEAS

- chicken/lean beef/lamb stir fry with vegetables (no noodles)
- homemade vegetable soup
- salmon steak and green roasted vegetables
- boiled egg, vegetables and handful nuts
- beef/lamb steak and steamed mixed vegetables
- baked fish and steamed Asian vegetables
- san choy bow (no rice noodles)

SNACK IDEAS

- ½ avocado dressed with olive oil and cracked pepper
- small can tuna mixed with cottage cheese
- 2 x medium strawberries mixed with 2 x spoon of natural yogurt
- 1 x boiled egg
- omelette using 2 egg whites