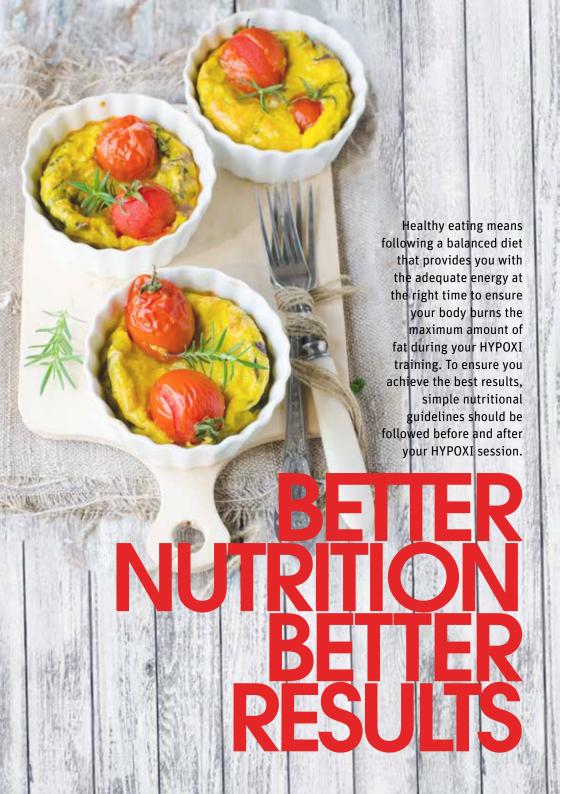
NUTRITION GUIDE

ΗΥΡΟΧΙ

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WHY DO YOU NEED TO AVOID CARBS?

To maximize the amount of fat your body metabolizes 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.

BEFORE / **AFTER**

BREAKFAST

- ¹/₂ cup rolled oats with berries and plain yogurt
- 1 slice wholegrain toast with natural nut butter and a small apple
- Smoothie of berries and 1 cup almond milk or natural yogurt
- 1 cup fresh fruit of your choice with a boiled egg and ¹/₂ bagel
 - Veggie Omelette: 2 eggs with chopped mushrooms and spinach topped with 1 tbs. salsa
 - Steel cut oatmeal with almond milk and dates

LUNCH

Sandwich: whole grain bread with avocado, tomato, spinach and turkey
Green vegetable salad with choice of tuna, chicken, tofu or beef

- Vegetable or chicken noodle soup with whole grain toast or crackers
 Mixed sushi (about 8 pieces)
 1 cup cottage cheese with your choice of fruit or vegetables and 1/2 bagel
 - **SNACKS**
 - Small handful of raw nuts or trail mix with dried fruit
 Small banana
 - 2-4 cheese cubes with whole grain crackers, baby carrots
 Greek yogurt with berries
 Celery sticks or med. apple with
 - celery slicks or med. apple with natural peanut/almond butter

DINNER

- Spinach salad with salmon or chicken and lemon juice
- 4-6 oz. grilled beef (lean), chicken or fish with grilled asparagus
- 2 egg omelette with ham, low fat cheese, tomatoes and broccoli (no potatoes)
- Stir Fry: lean beef, green vegetables, onions, sweet peppers cooked in 1 tbs. olive oil
- Baked salmon, tilapia or chicken with steamed broccoli

SNACKS

- + $\ensuremath{^{1\!/_2}}$ avocado and deli turkey
- 1 x small can tuna mixed with cottage cheese
- 1/4 cup blueberries mixed with
 1/2 cup plain Greek yogurt
- 2 x boiled eggs
- Small handful (approx. 14) almonds
- Protein shake with almond milk (low carb)