

# NUTRITION GUIDE

**HYPOXI®**

design your body

[HYPOXIBODY.COM](https://www.hypoxibody.com)



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

## FOODS TO AVOID

- 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
- CANDY
- JAMS / PRESERVES



8 HOURS OF SLEEP

NO ALCOHOL after session

NO CAFFEINE after session

NO EXERCISE 4-6 hrs after session

KEEP HYDRATED 8 glasses of water

## 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.





# HYPOXIA MEAL IDEAS

## BEFORE / AFTER

### BREAKFAST

- ½ 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 ½ 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 ½ 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 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

- ½ avocado and deli turkey
- 1 x small can tuna mixed with cottage cheese
- ¼ cup blueberries mixed with ½ cup plain Greek yogurt
- 2 x boiled eggs
- Small handful (approx. 14) almonds
- Protein shake with almond milk (low carb)