



Athlete's Kitchen Lifestyle Guide



Do More

Water
Green tea (cold or hot)
Natural fresh fruit juice
(moderate sugar intake)
Turmeric drinks
Celery juice

Do Less

Alcohol
Soda pop
Energy drinks
Excessive caffeine
Soy beverages
Dairy beverages



Do More

Yoga (meditation)
Self Confidence
Walk (choose nature)
Moderate Training (Fitness)
Swim
Shower shock (warm then cold)
Get minimum of 5 min
sunlight a day

Do Less

Stress
Smoking
Sitting for too long
(inactive lifestyle)
Chemicals, fumes,
Congested weather
conditions
Negative energy
Negative self-talk
No work-life balance



Do More

Whole foods
Vegetables & fruits
Meat
Poultry
Fish
Fruits
Olive / Olive oil
Avocado / Avocado oil
Ghee
Tallow

Do Less

Processed foods
Fried foods
Artificial Foods
Food colouring & chemicals
Canned food
Sweeteners
Vegetable oil
Soy
Gluten products
Dairy



Unplug

Give technology a break
Put it away before bed
Don't allow it to
consume you