



# Athlete's Kitchen Lifestyle Guide



## Do

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

## Do Less

- Alcohol
- Soda pop
- Energy drinks
- Excessive caffeine
- Soy beverages
- Dairy beverages



## Do

- Yoga (meditation)
- Selfconfidence
- Walk (choose nature)
- Moderate Training (fitness)
- Swim
- Shower Shock (warm then cold)
- Get minimum of 5 min sun light a day

## Do Less

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



## Do

- 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