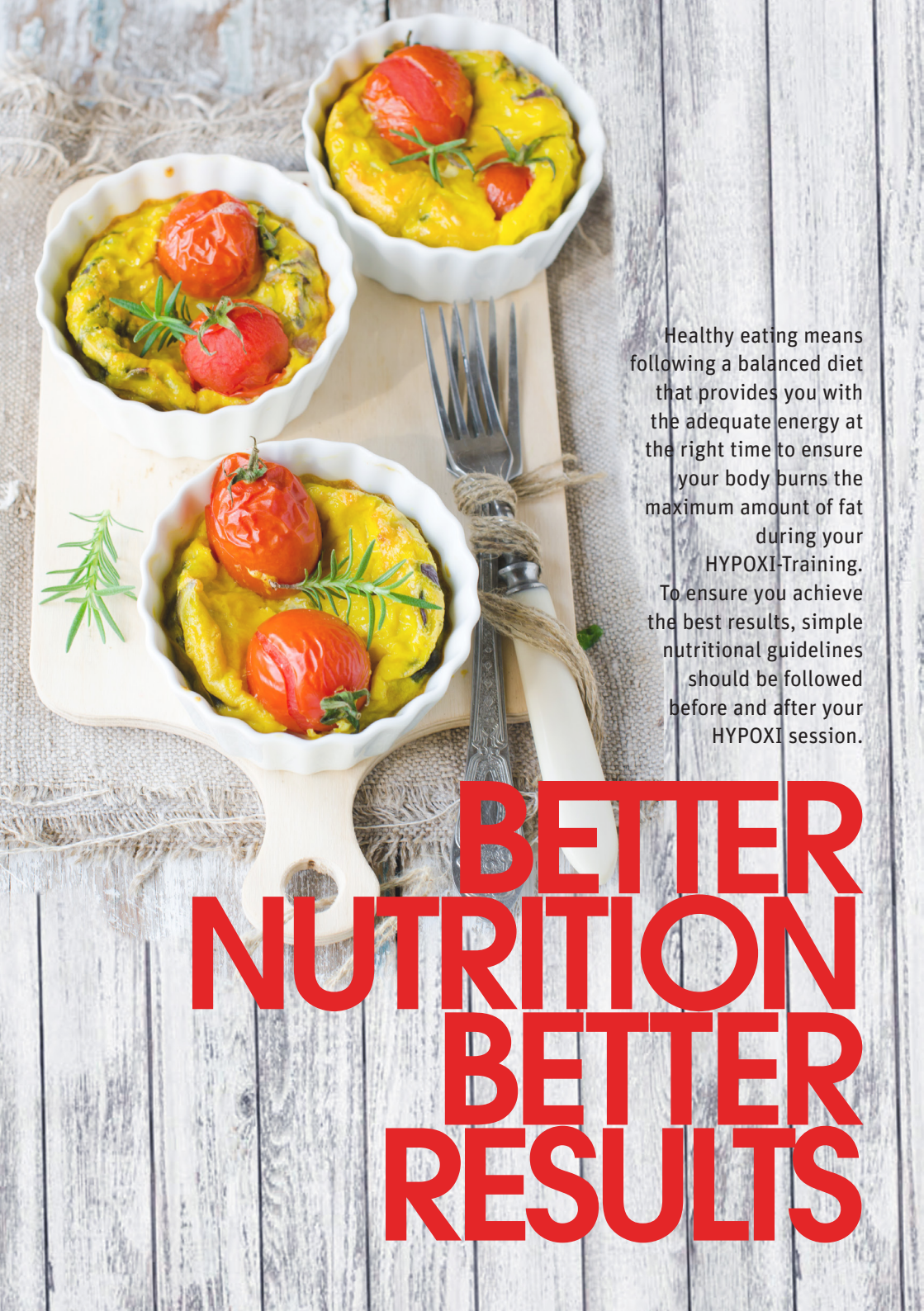


# NUTRITION GUIDE

**HYPOXI®**

**[HYPOXI.COM.AU](https://www.hypoxi.com.au)**



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**

## WHAT IS A CARB?

POTATOES  
SWEET POTATOES  
PUMPKIN  
BEETROOT  
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  
LOLLIES  
JAMS / PRESERVES



## WHY DO YOU NEED TO AVOID CARBS?

To maximise the amount of fat 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 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 and eating unnecessary snacks.





# POST HYPOXI MEAL IDEAS

## BREAKFAST

- 1 x small tub of natural yoghurt 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

- 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

- chicken/lean beef/lamb stir fry with vegetables (no noodles)
- homemade vegetable soup
- salmon steak and green roasted vegetables
- beef/lamb steak with steamed mixed vegetables
- baked fish with steamed asian vegetables
- san choy bow (no rice noodles)
- prawn and avocado salad

## SMALL MEALS

- ½ avocado dressed with olive oil and cracked pepper
- cucumber ship filled with small can of tuna mixed with cottage cheese
- celery stick filled with cottage cheese
- 2 x medium strawberries mixed with 2 x spoons of natural yoghurt

WE ARE EXCITED TO INTRODUCE OUR VERY OWN

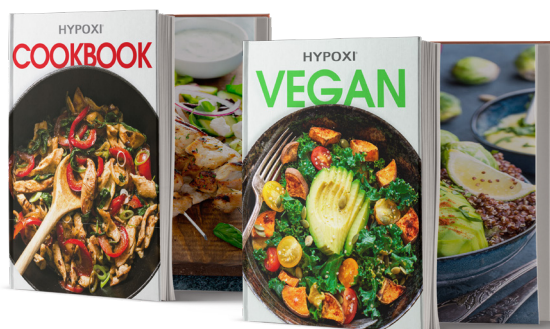
## HYPOXI COOKBOOKS

The HYPOXI Cookbook and HYPOXI Vegan Cookbook consist of delicious and easy to prepare HYPOXI friendly breakfasts, lunches, dinners, snacks and desserts. These are your go-to cookbooks when following a HYPOXI program.

Our cookbooks also contain a 31-day meal plan, helping you achieve a stress-free way of eating and ensuring there is always something healthy to choose at hand.

### INSIDE OUR COOKBOOKS YOU'LL FIND

- Tips for gut health
- Tips for controlling cravings
- Tips for success
- 31-day meal plan
- Healthy food swaps
- Bonus snacks and desserts



### THE HYPOXI BLOG

The HYPOXI Blog contains some great nutrition articles and fantastic HYPOXI friendly recipes.

So feel free to have a read online at:

[hypoxi.com.au/hypoxi-blog/](http://hypoxi.com.au/hypoxi-blog/)