



# **CrossFit Hexis @HuskNutrition**

COACH CASE  
STUDIES

**A typical days food**

# This booklet is written for example only.

This is an example of how your food could be structured to support your muscle mass, health and wellbeing.

These are generic training days - *not every days* - **and to you this is a generic plan...**

Sometimes we need examples of how to structure and eat food in relation to our goal to bring clarity to what we do and remove decision fatigue.

We all need something different and **this is not YOUR personalised meal plan** - this is just what works right now for our coaches.

To have a stronger, leaner body you need to eat the right food at the right time. You also need to find food that you enjoy, prepare and can approach easily. We share with you our meal timing and this is **how to get results quickly!**

*Green vegetable intake has been standardised to 100g per meal and the calories of which should not be counted in your daily intake. If it is green and grows above ground, eat it...*

*Notice the majority of carbohydrates around training and before bed as this will support your energy demand and circadian rhythm.*

*All foods are readily available in your supermarket.*

**REST DAYS:** the rationale on a rest day is to just remove your workout specific items such as workout shakes and carb powders.

# Typical day for Rob

Goal: Daily wellbeing and strength...

## Meal 1

200g lean beef mince

150g blueberries

Black coffee

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## Meal 2

220g salmon

1 peach

Asparagus - salad greens

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## Snack

1 protein bar

1 snacking cheese

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## Meal 3

2 scoops of whey protein

100g oats

## Post Training

2 scoops of whey protein

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## Meal 5

200g chicken

400g sweet potato

Broccoli - salad greens

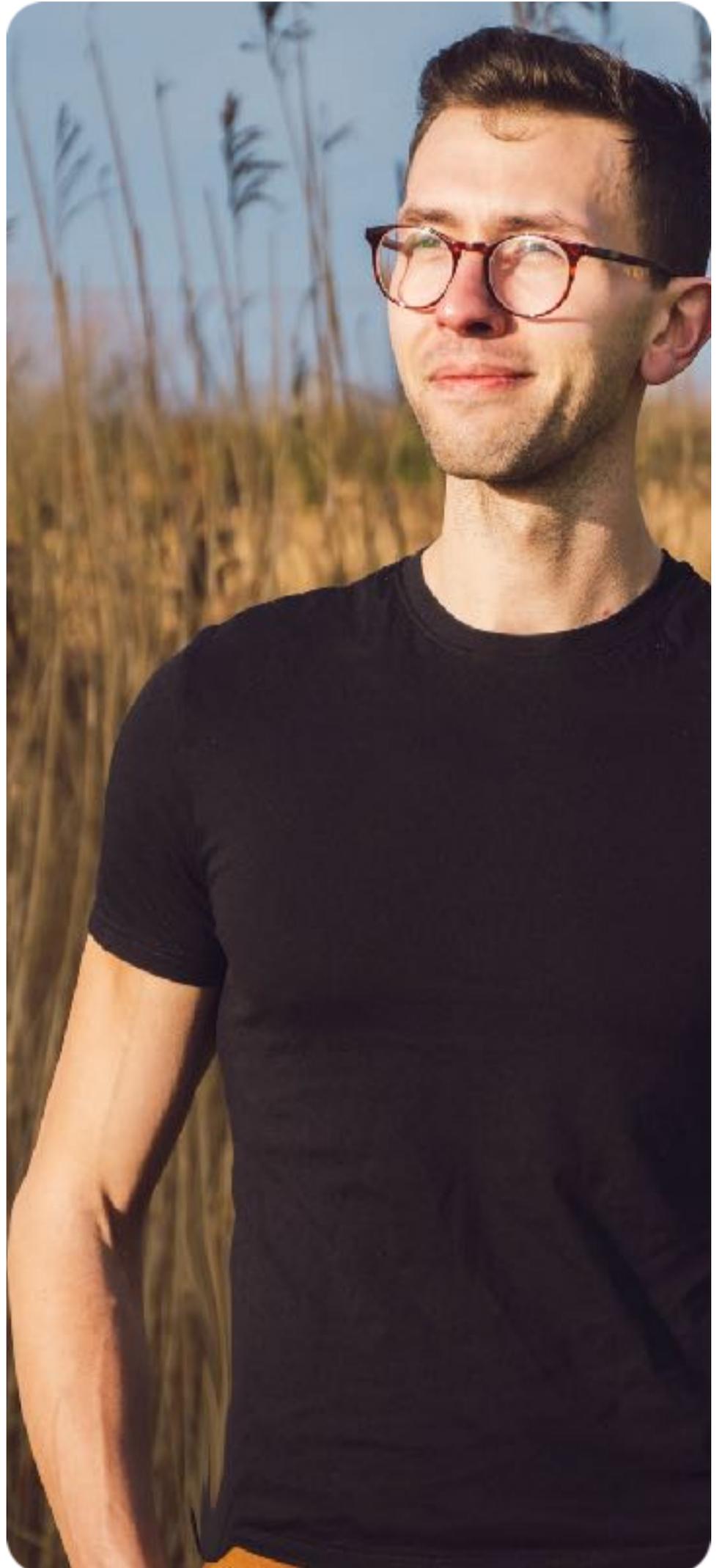
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## Meal 6

500g Greek Yoghurt

1 banana

1 heaped tsp almond butter



# Typical day for Sarah

Goal: Gym performance and body composition

## Meal 1

1 scoop of whey  
30g oats with milk and FlavDrops  
1 tsp of honey

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## Meal 2

125g chicken  
125g rice  
100mls light coconut milk  
Carrot, onion, peas, edamame,  
curry paste

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## Post Workout

1 strawberry ready-to-drink shake

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## Meal 3

140g chicken  
170g white potato  
1 tbsp olive oil  
Broccoli, onion, balsamic  
chicken stock

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## Snacks

1 Skinny Whip bar  
1 banana



# Typical day for Paul

Goal: Semi finals of the CrossFit games!

## Meal 1

1 scoop of whey  
70g oats  
2 tbsp of honey + cinnamon  
1 punnet of berries

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## Meal 2

170g lean beef mince  
1 pack of microwave rice  
1 apple  
Broccoli

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## Training

1 pt of cranberry juice  
50g carb powder + 1 scoop whey

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## Meal 3

150g chicken breast  
250g boiled potatoes  
1 banana  
1 avocado  
Broccoli

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## Meal 4

1 scoop of whey  
1 500g pot of fat free yoghurt  
50g granola  
1 punnet strawberries  
1 banana

