



Healthy eating habits are crucial for outstanding, lasting fitness results and a healthy lifestyle. For everyone looking for a simple way to plan, enjoy and stick to a healthy diet, LOMA Sports Lab has developed a 30-day nutrition program\*! The effectiveness of our meal plan is endorsed by a champion's success. Vasiliy Lomachenko, World's BEST active boxer, is fit, strong and energetic, as you will be if you stick to this nutrition program and workout regularly! Learn about the basics for nutritious eating first and then check out the detailed meal plans below. So, here is what you need to know about wholesome nutrition. Follow this advice on a daily basis to reach your wellness goals in a safe and sustainable way.

## **BASIC TIPS FOR A HEALTHY DIET PROGRAM**

### ❖ **VEGETABLES AND FRUITS**

They're high in vitamins, minerals and fiber, so eat 5 portions per day of different colours. At least 3 portions should contain vegetables and 2 portions should be fruits. Make sure you eat most of them raw because then you're getting more nutrients. Base your meals on these foods!

### ❖ **WHOLE GRAINS AND LEGUMES**

Be sure to select whole-grain cereals, bread and pasta as well as brown rice, buckwheat, barley, and millet. Add legumes to your diet such as chickpeas, lentils and beans because they are a great source of protein and fiber. Go for whole-grain varieties wherever possible!

### ❖ **MILK AND DAIRY PRODUCTS**

Include them every day. Choose cottage cheese, fresh cheese (quark), yogurts, and kefir. They are rich in essential nutrients such as calcium, potassium, phosphorus, protein and vitamins.

### ❖ **MEAT, FISH, EGGS**

Choose lean meat (e.g., chicken, turkey) and oily fish (e.g., salmon, mackerel, halibut, herring). Cut down on processed salty meats such as sausages, bacon, and ham.

### ❖ **OILS, FATS, AND NUTS**

Add healthy fats to your meals like canola, olive, sunflower or corn oil. Don't forget about nuts and seeds like walnuts, hazelnuts, and pumpkin and sunflower seeds! You can easily add them to your porridge, salad or almost any other dish. Remember to limit your use of animal fats like butter, cream, and fatty cuts of meat. Instead, choose fish that are high in omega-3 fatty acids.

### ❖ **HEALTHY HABITS**

- Eat meals at regular times. Try to eat 3-5 small meals per day every 3-4 hours. Remember that breakfast is the most important meal of your day. It should be eaten within one hour of waking up. Eat dinner 2-3 hours before bedtime.
- Reduce fried food consumption. Switch to grilling, oven-baking, steaming, and boiling. If you want to fry something, always do it with as little fat as possible.
- Avoid fast foods, sweets, salty snacks, and processed food.
- Drink plenty of water (2-3 liters) in small portions throughout the day. Stay hydrated during workouts! If your physical activity is less than 60 minutes, you can safely use still mineral water for hydration. However, when your activity exceeds one hour or if you exercise in hot temperatures, it is advisable to use isotonic drinks and beverages containing glucose polymers for high-intensity training. Eliminate sweetened drinks (soft drinks, energy drinks etc.).

- Don't forget regular physical activity. Adults should do at least 150 minutes of moderately intense physical activity a week or at least 75 minutes of vigorous physical activity a week. You will see the most benefits if you work out at least five times a week.
- Don't forget to eat before and after a workout. It's good to eat complex carbohydrates before a workout, e.g. whole grain bread, quinoa, brown rice, or oats as well as simple carbohydrates like fresh or dried fruits soon after your workout. It's important to replenish the glycogen that has been depleted during exercise. When you don't eat after a workout, you inhibit your body's repair process, so it will be harder to reach your fitness goals.

## 30 DAYS HEALTHY DIET PROGRAMM

Now, check out the sample meal plans. There are 4 complimentary breakfast, lunch, and dinner options. Pick one from each category for your daily menu! Also, feel free to swap out foods as needed.

### BREAKFAST

1. Omelet with vegetables, 8.8 -10.9 oz. (250-300 g), and fruits 3.5-5.3 oz. (100-150 g)
2. Cottage cheese or cottage cheese bake 5.3 oz. (150 g), with berries, nuts or seeds 1 oz. (30 g): total portion is 8.8 -10.9 oz. (250-300 g)
3. Vegetable salad 7 oz. (200 g), Quinoa 3.5 oz. (100 g) + baked vegetables 7 oz. (200 g), dried fruits 1.7-3.5 oz. (50-100 g)
4. Pearl barley porridge/brown rice/bulgur/quinoa with vegetables (in the form of vegetable pilaf) 5.3-7 oz. (150-200 g), + fresh vegetables and greens 3.5-5.3 oz. (100-150 g)

### LUNCH

1. Fresh vegetables 7-10.9 oz. (200-250 g) + baked fish 7-10.9 oz. (200-250 g), dried fruits 3.5 oz. (100 g)
2. Pasta 3.5 oz. (100 g) + fresh tomatoes 5.3 oz. (150 g) + chicken breast 3.5 oz. (100 g), fruit 5.3-7 oz. (150-200 g)
3. Fresh salad 7 oz. (200 g), with mushrooms 1.7-3.5 oz. (50-100 g) + buckwheat, quinoa, rice 50 g, fruit 3.5-5.3 oz. (100-150 g)
4. Vegetables (sautéed, stewed, baked, steamed) 10.9 oz. (300 g) + baked meat (chicken breast or beef) 7-10.9 oz. (200-250 g)

### DINNER

1. Vegetable salad with beans or peas 10.58 oz. (300 g)
2. Stewed vegetables 7 oz. (200 g) + steamed asparagus beans 3.5 oz. (100 g)
3. Vegetable sautéed 7 oz. (200 g) + legumes (lentils, beans, asparagus beans, peas, chickpeas, moong dal) 3.5 oz. (100 g)
4. Stewed cabbage with legumes 10.58 oz. (300 g)

*The key to good eating is to find healthy foods that you like and to stick with them over the long run. Commit to the suggestions in this fact sheet and they'll help you to ensure successful and long-term weight loss!*

**\*Remember to consult with your nutritionist prior to modifying your dietary habits.**

**BE YOUR OWN CHAMPION**