

PERSONAL TRAINING SERVICES

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W.P.F WORLD CHAMP

www.wpfchamp.co.uk

Dietary Advice

Protein is essential for growth and repair of bodily tissue, especially muscle. Without adequate protein you will lose lean muscle tissue and tone. This means that your bodyfat percentage could go up rather than down.

Good sources of low fat protein are:

- Egg whites
- Chicken
- Turkey
- Fish
- Lean Steak
- Skimmed milk

Proteios

(Proteios has the lowest fat content. It is a protein supplement that tastes like a milkshake! Email info@wpfchamp.co.uk for more details).

Active Males should look to consume between 150-250 grammes of protein per day.

Active Females between 100 - 150 grammes per day.

Did you know?

Eating only protein and green veg / salad for your evening meal will accelerate fat loss. Avoiding carbohydrates with your last meal will help prevent fat storage.

Following a healthy diet (not starvation) coupled with regular exercise will result in fat loss. Adding one of the many safe fat burners we sell to the mix, will accelerate fat loss considerably.