

## NUTRITION PHILOSOPHY

Game day fuelling, recovery & ergogenics  
Game day -1 loading  
Game day +1 recovery

Enhance  
Game Day  
Performance

Training nutrition  
Nutrition periodisation  
Rest day recovery  
Body weight journey

Maximise  
Training  
Adaptation

Reduce risk of illness  
Support illness recovery  
Support injury recovery

Improve  
Health and  
Availability



Grow  
Psycho-social  
Skills

Autonomy  
Reflection  
Emotional regulation  
Positive self image  
Positive relationship with food

Develop Food  
Life Skills

Budgeting  
Food planning  
Food shopping  
Cooking  
Kitchen literacy  
Home environment  
Travel nutrition

# DELIVERY (OUTLINE)

