

# Olly's Diet

## Meal 1- 5.30am

10 eggs white back to sleep for 1 hour  
• 7.30 am HIT Training

## Meal 2 - 8.30am

30g Oats mixed with 30g Reflex Whey, 1 egg white and tbsp of cinnamon

## Meal 3 - 11.15am

10 eggs whites

## Meal 4 - 2pm

1 med Sweet Potato, White Fish and green beans (cider vinegar for taste)

## Pre workout 4pm

Reflex Performance Matrix, 5BCAA  
• Weight Train 4.30pm

## Post workout 5.30pm

Reflex One Stop Extreme. 5BCAA 10g Glutamine.

## Meal 5 - 6.30pm

200g Chicken cooked in Cider Vinegar, 1/2 cup Brown Rice either green beans or broccoli

## Meal 6 - 9 / 9.30pm

200g Lean Red Meat, either steak or mince

## Meal 7 - 11pm

Reflex Casein

I always have a protein bar by the side of bed and if I wake up after 2am hungry I eat it. Generally the wrapper is always empty when I wake up and I can never remember eating it. Lol.