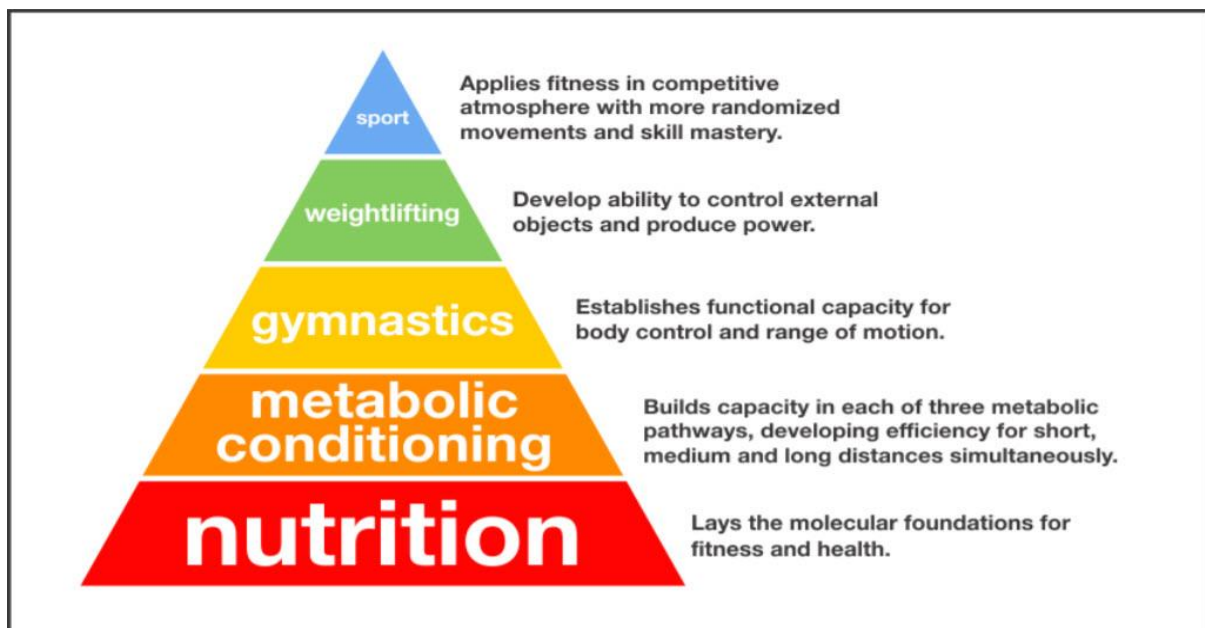


At **CrossFit Limerick**, our goal is to get you fit and healthy for **every day life**. We put a big focus on **movement** and **nutrition**. Nutrition is a big part of living a healthy lifestyle. Here is some information which we hope you find helpful in getting a better understanding about food and nutrition



CrossFit Limerick encourage members to have a **sustainable way of eating**. We do not like to use the word, "diet", because people who diet usually do well for the first few weeks and then it all falls apart. The main reason for this, is people restrict foods that they like, and eventually the cravings for this food is too much. This results in them giving in, over indulging and then, putting all that good work to waste.

We want to teach you a better understanding of food. To do this, you need to work out how many calories you should be taking in daily. To find this out, [click here](#). Once the **calorie count** is established, it is all about hitting that number every day **consistently**. The goal is to **lose, maintain or put weight on**.



The next thing we want to teach you is that food is food and **all food contains calories**, that is the main thing to remember. If you consume too many calories daily, there is only one outcome and that is, **weight gain**. Nobody put on weight eating a pizza on a Friday night, or having a treat mid-week. If you do this every day, the outcome is inevitable. To us, there is no such thing as food that is bad for you, the way we look at it is, too many calories daily is bad for you.

One recommendation we would give you, is to follow [Fitness Chef](#) on Instagram. He gives great ideas for food and breaks things down in a simple fashion for people to understand nutrition. There is no need to complicate things, we live in a world that is complicated enough. The general population of people just want to train to be **fit** and **healthy** and **look good**. If this is your goal then the number of calories you consume in a day is your focus.



If you are someone who wants to compete in your given sport or CrossFit then you might want to go that step further and start looking at your **macro nutrients**; getting the right amount of **protein, carbs, and fat each day**. If that is your goal, we can help you with that, but as I said from experience the general population are happy with being fit and healthy and eating in a way, they can sustain for life not just for 6 weeks filled with chicken and broccoli.

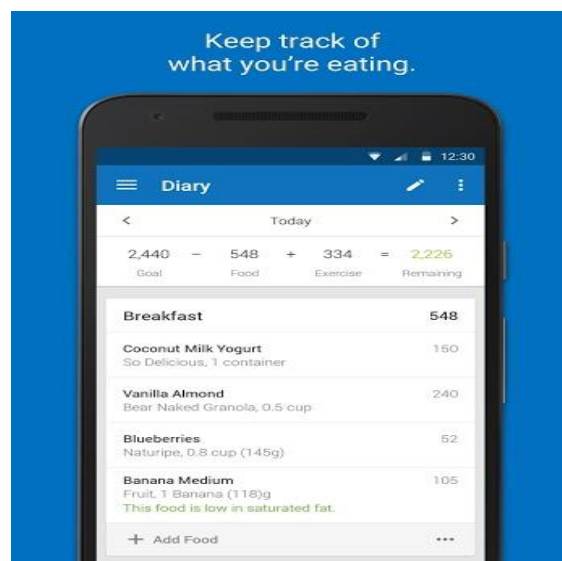
The next thing that we need you to do is, download the app [MyFitnessPal](#).



myfitnesspal

This is a great app for people tracking the number of calories taken daily. Sometimes people think that their diet is

fine until they type the amount of food they have consumed in a day into the app and then realise that the number of calories consumed is very high.



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Remember food is **food** but some is **more nutritious** than others, lets have a look at a few breakfast examples;



The above pictures show **four different** types of **breakfast options**. This is to give you an idea of the **different calorie contents** in each. The porridge and eggs options are going to be the one that will give you the **best nutritional value**. What you always want to remember is its all about **calories consumed**. The porridge option and berries are roughly 190 Cals. The waffles, strawberries, maple syrup and Greek yoghurt is roughly 540 Cals. The breakfast roll is approximately 1000 Cals and the eggs, avocado with brown bread is 558 Cals.



If you are an individual that is taking in **2000 Cals** a day, you have half your **daily allowance** from the breakfast roll option. This is the reason we do not want you to look at food and call some foods bad and other foods good. Always look at the **calories**. There is nothing wrong with having this once a week but you will soon find out that if you consume this number of calories for

breakfast each day, you are going in the wrong direction which again, brings us back to always just looking at it as, **calories in**.



Breakfast and dinner are fine for most, where people can fall-down is **lunch time**. Not having a lunch with you might have you heading to a deli counter for a hot chicken roll, crisps, and a soft drink. This has approximately **1000 Cals!**

As an alternative, we would recommend places like [Sano Café](#) in the **Delta Sports Dome**. They have great **healthy options** for breakfast, lunch, and dinner. There is also a **10% discount** for **CrossFit Limerick** members. For more information [click here](#).



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The next thing is, **water** and **sleep**. Two very important topics which have massive benefits to your life style. Let us start with water, a good rule of thumb is to drink **one litre** of water to every **25kg that you weigh**. Not only does it improve brain power, it can flush out toxins, help your immune system, it is good for your skin, helps with performance in training and is very important for weight management and weight loss.



Sleep is important for our **lifestyle** and **training**, everybody should aim to get **eight hours** sleep a night. This can help with **recovery** from training. Getting enough sleep will help with **weight loss** and **reduce stress**. Napping during the day is said to make you smarter so don't forget to nap if you get the chance 😊

Supplements

The only two we would suggest are **fish oils** and **vitamin D**.



Members often ask should they take **protein**. Our answer to this question is, a good diet should supply you with enough protein.

Protein helps the muscles recover and you can get enough of it from your diet. If you feel you cannot get enough in your diet, then yes, have a protein shake but it is not something we push on people.

Your focus should be to get your **eating habits** right first and then you can start to think about protein shakes if you like. But fish oils and vitamin D are important. You might get away with not taking **Vitamin D** in the **summer** but there are no guarantees in Ireland 😊



Last thing!

Here is a **shopping list** that might help next time you do your groceries. These foods are **natural** and **wholesome**.



VEGETABLES

Asparagus	Celery	Peppers
Aubergine	Courgettes	Rocket
Bean Sprouts	Cucumber	Spinach
Beetroot	Kale	Spring-onions
Broccoli	Lettuce	Sweet-potatoes
Brussel-sprouts	Leeks	Tomatoes
Butternut-squash	Mangetout	Turnips
Cabbage	Mushrooms	White-potatoes
Carrots	Parsnips	
Cauliflower	Peas	

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FRUIT

Avocado	Gooseberries	Plums
Apples	Kiwis	Pomegranate
Bananas	Lemons	Redcurrants
Blood-oranges	Melons	Rhubarb
Blueberries	Oranges	Strawberries
Cherries	Passion-fruit	Satsumas
Clementine's	Peaches	Tangerines
Cranberries	Pineapple	

MEAT / FISH / DAIRY / EGGS

0% fat Greek yoghurt	Natural yoghurt	White-fish
Bacon Medallions	Smoked salmon	Wild-salmon-fillets
Chicken-breasts	Turkey fillets	Duck-eggs
Cottage-cheese	Turkey mince	Free-range-eggs
High quality ham	Turkey rashers	Kerry gold-butter
Lean beef steak	Turkey sausages	Feta & Goats Cheese
Lean minced beef	Tuna-in-brine	Milk
Mackerel fillets	Whey-protein	Quark-cheese

GRAINS & LEGUMES

Amaranth	Rice Cakes	Kidney Beans
Brown Basmati Rice	Rye-bread	Lentils
Buckwheat	Ryvita	Nuts & Seeds
Oat Bran	Spelt flakes	Almond Butter
Oatcakes	White Basmati Rice	Chia Seeds
Porridge Oats	Butter Beans	Mixed raw nuts
Millet	Chickpeas	Mixed seeds
Quinoa	Haricot beans	Whole linseed

CONDIMENTS

All herbs & Spices	Maple Syrup
Apple Cider Vinegar	Salt & Pepper
Balsamic Vinegar	Soy Sauce
Dijon Mustard	Tinned Tomatoes
Frank's Hot Sauce	Tomato Purée
Honey	Oil (Rapeseed / Olive)



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