

# FUEL YOUR PERFORMANCE WITH MEGABURN

PRE & POST TRAINING NUTRITION FOR YOUR KOKODA CHALLENGE



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Whether you are a weekend warrior, professional athlete or just looking to spruce up you and your family's diet with nourishing food, then **Megaburn** has you covered, offering a range of products that taste great, bake great and are great for you!

All **Megaburn** products are Gluten Free with a range of Vegan options made with your long-term health in mind. The **MegaBurn** team are passionate about using minimal ingredients for maximal results. We make our products to give your body the nutrition it needs, with ingredients that promote nutrient absorption, good gut health, optimal performance and lifelong health.

*For 15% off your order use **KOKODA15** at [WWW.MEGABURN.COM](http://WWW.MEGABURN.COM)*

## MEET HOLLY

Holly is a dietitian (APD) based on the Gold Coast QLD who works with **MegaBurn** to help our customers and her clientele optimise performance, improve energy levels and enhance recovery so they feel confident to perform in AND out of competition.

Holly works with clientele in the areas of;

- ✓ Sports Nutrition
- ✓ Weight Management
- ✓ Food Allergies & Intolerances
- ✓ Diabetes & Heart Conditions
- ✓ Vegan & Vegetarian Diets



## EBOOK INCLUDES

- The WHAT, WHY & WHEN behind Pre & Post Training Nutrition for Optimal Performance & Recovery
- **MegaBurn Bar** Recommendations to Fuel Your Training
- 5 Pre & Post Training Recipes!

### PRE TRAINING

Mango Smoothie Bowl  
Banana Muffins

### POST TRAINING

Choc Caramel Smoothie  
Milo Bliss Balls  
Sweet Potato Brownies



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# WHY EAT BEFORE YOU TRAIN?

Fuelling your body before training or sport is essential for:

- Providing long lasting energy during your training/event
- Avoiding stomach discomfort or excessive toilet breaks
- Preventing muscle breakdown
- Ensuring you achieve the maximum benefits of your training sessions and future training!

As a general rule you should aim for 0.5-1g/kg of body weight of carbohydrates prior to endurance training. It is important to note that this may vary depending on your training, daily requirements and your tolerance to eating pre-training.

## WHAT TO EAT AND WHEN

Carbohydrates are the body's main fuel source during training, hence pre-training nutrition is about priming our glycogen stores so energy (glucose) is readily available.

Most people can tolerate a main meal 2-4 hours before training. Choose a meal that is rich in carbohydrates, moderate protein, and low in fat. Examples include:

- Muesli, yoghurt & fruit
- Chicken/beef/tofu salad wrap
- Peanut butter and banana on toast

A snack 30-60min before training is recommended to top up glycogen stores. Choose a snack rich in simple carbohydrates, and low in fat & fibre to aid digestion and avoid any gut upset.

Examples include:

- Fruit
- Megaburn bar
- Rice cakes with honey or jam



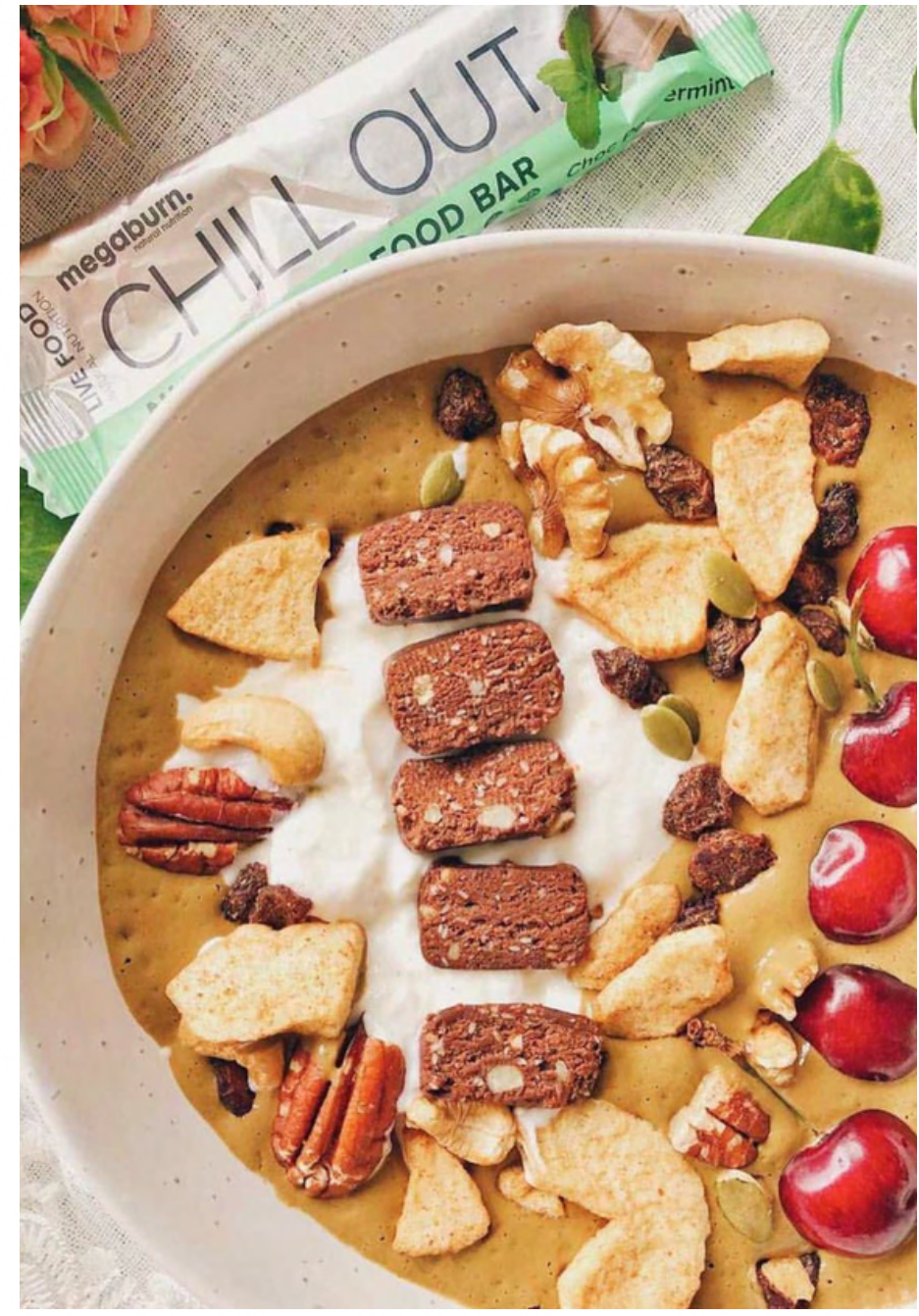
## WANT TO EAT AND WHEN CONT.

Remember to stick to familiar foods! Practice your options in training and avoid trying any new foods during the event.

*Tip: if you struggle to eat prior to training then Megaburn AMMO is a great option! Simply mix 1 level scoop with 200mls of water prior to training.*



# PRE TRAINING RECIPES



## MANGO SMOOTHIE BOWL

Nutrition Per Serve: 270 Calories | 55g Carbs | 3g Fat | 4g Protein

125mls Coconut Water

100g Banana

100g Mango, Frozen

30g *MegaBurn Beetify Powder*

5g Chia Seeds

20g Freedom Foods XO Crunch

Blend all ingredients and top with XO crunch.

## BANANA & WALNUT MUFFINS

Nutrition Per Muffin: 140 Calories | 20g Carbs | 3g Fat | 5g Protein

200g Bananas, mashed

30g *MegaBurn Vegan Vanilla Protein*

200g Self Raising flour (or buckwheat)

1tsp Cinnamon

1 Egg (or Flax Egg\*)

100g Maple Syrup

1tsp Vanilla

70ml Almond Milk

50g Walnuts, chopped

1tsp Baking Powder



## BANANA MUFFINS CONT.

Preheat oven to 180 degrees celsius.

\*To make flax egg, Mix 1tbsp of flaxseed with 3tbsp water and set aside for 5 minutes.

Add all ingredients into a mixing bowl. Add the flax egg and mix extra well.

Divide into 12 muffin cups and bake for 20-30 minutes or until golden brown.

Leave in tin and allow to cool before refrigerating.





# WHY EAT AFTER YOU TRAIN?

What you eat AFTER training is EQUALLY as important as what you eat before.

Eating after exercise will NOT diminish the hard work you have just done in the gym or on the road. It'll actually maximise your training for your next session and ensure you keep on improving.

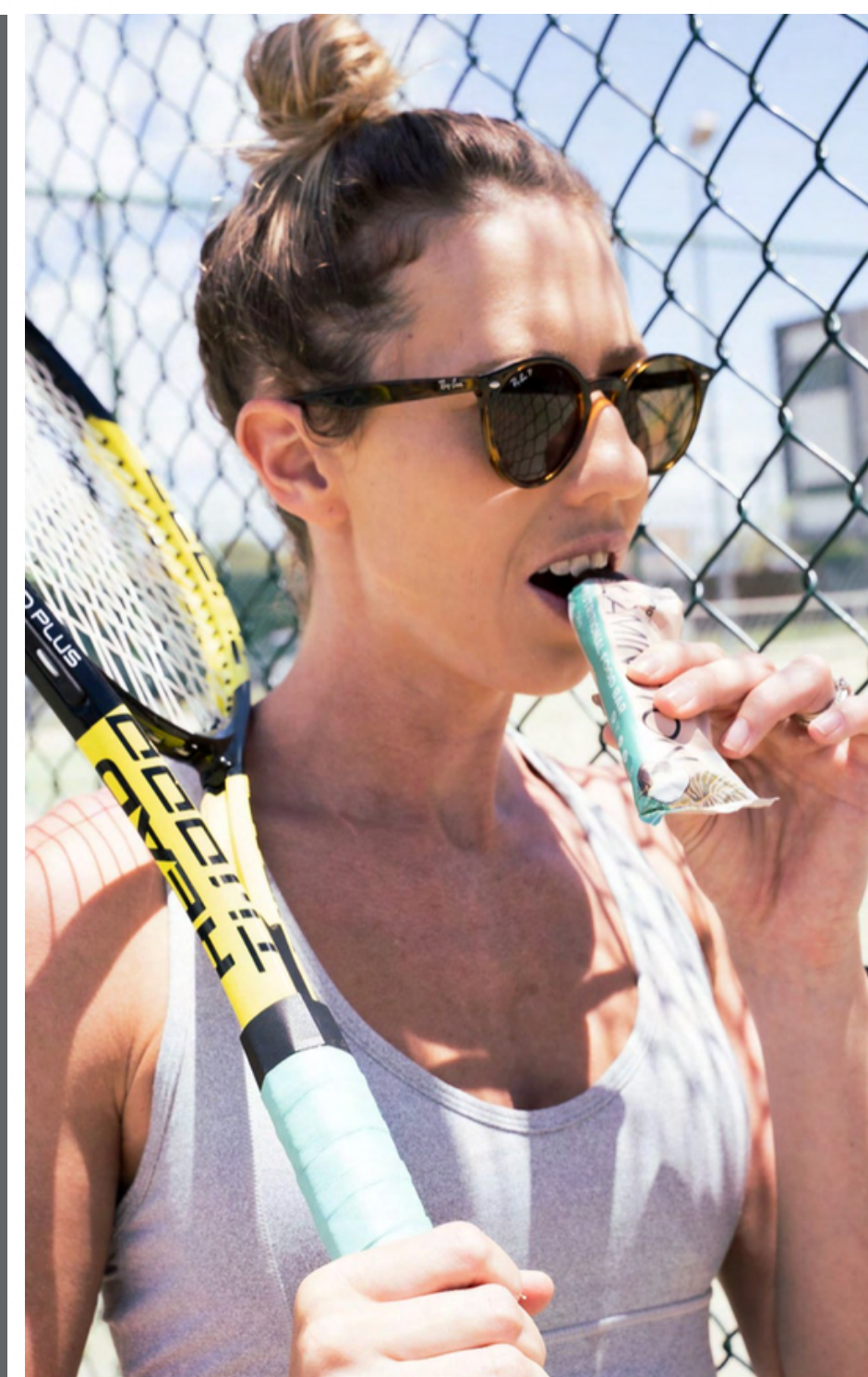
Eating post training is essential for muscle growth and repair, reducing inflammation, restoring energy levels, and staying injury free!

## WHAT TO EAT AND WHEN POST TRAINING

Holly recommends rehydrating ASAP and eating ~60-90 minutes after training. This is the 'anabolic window' where your body is most hungry for fuel to maximise recovery. During this time you want to prioritise carbohydrates (to replenish glycogen stores), protein (to aid muscle growth & repair) and fluid (to replace lost fluid).

If you can't have a proper meal post training then using **MegaBurn's Performance Bars and Powders** can come in handy.

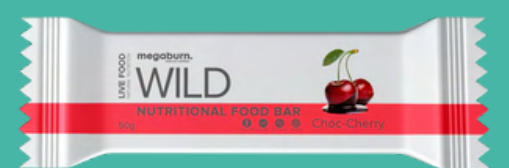
For every hour of exercise aim to drink 1L of water on top of your daily requirements. Water is crucial for healthy digestion, nutrient absorption and lubrication of joints.



## WHICH MEGABURN BAR IS BEST POST TRAINING?

**Velocity, Lush, Wild & Vibe** – these bars are highest in carbohydrates to replenish glycogen stores and have a great amount of protein to kickstart muscle repair.

"These bars are great for a post-workout snack after training – especially if you are on the go."



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# POST TRAINING RECIPES



## CHOC CARAMEL SMOOTHIE

Nutrition Per Serve: 450 Calories | 45g Carbs | 15g Fat | 30g Protein

120g Frozen Banana

40g **MegaBurn Lean Whey Choc Caramel\***

250mls Almond milk, unsweetened

20g Peanut Butter

1TBSP Honey\*

Blend all ingredients in a high speed blender and enjoy! You may need to pause your blender and scrape down the sides.

For a thicker smoothie, add a handful of ice cubes or simply use less liquid.

\*To make this smoothie vegan, use **MegaBurn's Vegan Choc Caramel Protein** and Maple Syrup instead of honey.

## MILO BLISS BALLS

Nutrition Per Ball: 170 Calories | 16g Carbs | 8g Fat | 8g Protein

50g Milo\*

150g Peanut Butter

80g **MegaBurn Lean Whey Choc Protein Powder\***

100g Rolled Oats

110g Honey\*

Place all ingredients in a food processor and process until combined, pausing and scraping the walls if necessary. Roll mixture into 12 balls and store in an air tight container in the fridge.

\*Note: For a vegan option use **MegaBurn Vegan Protein**, Plant Based Milo and maple syrup.



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# POST TRAINING RECIPES



## SWEET POTATO BROWNIES

Nutrition Per Brownie: 200 Calories | 20g Carbs | 10g Fat | 10g Protein

420g Raw Sweet Potato, peeled

150g Peanut or Almond Butter

50g Cacao Powder

50g Rolled Oats

80g **MegaBurn Double Choc Vegan Protein**

1tsp Baking Powder

110mls Maple Syrup

125mls Almond Milk, Unsweetened

Pinch of Salt

## SWEET POTATO BROWNIES CONT.

Grease and line a 24cmx 24cm square baking tin with baking paper and preheat oven at 160 degrees, fan forced.

Boil sweet potato until tender, run under cool water and puree.

In a large mixing bowl, add potato, honey, peanut butter, and milk and stir to combine.

Add the cacao powder, salt, baking powder and stir to combine before adding remaining ingredients. Mix well until mixture is thick and smooth.

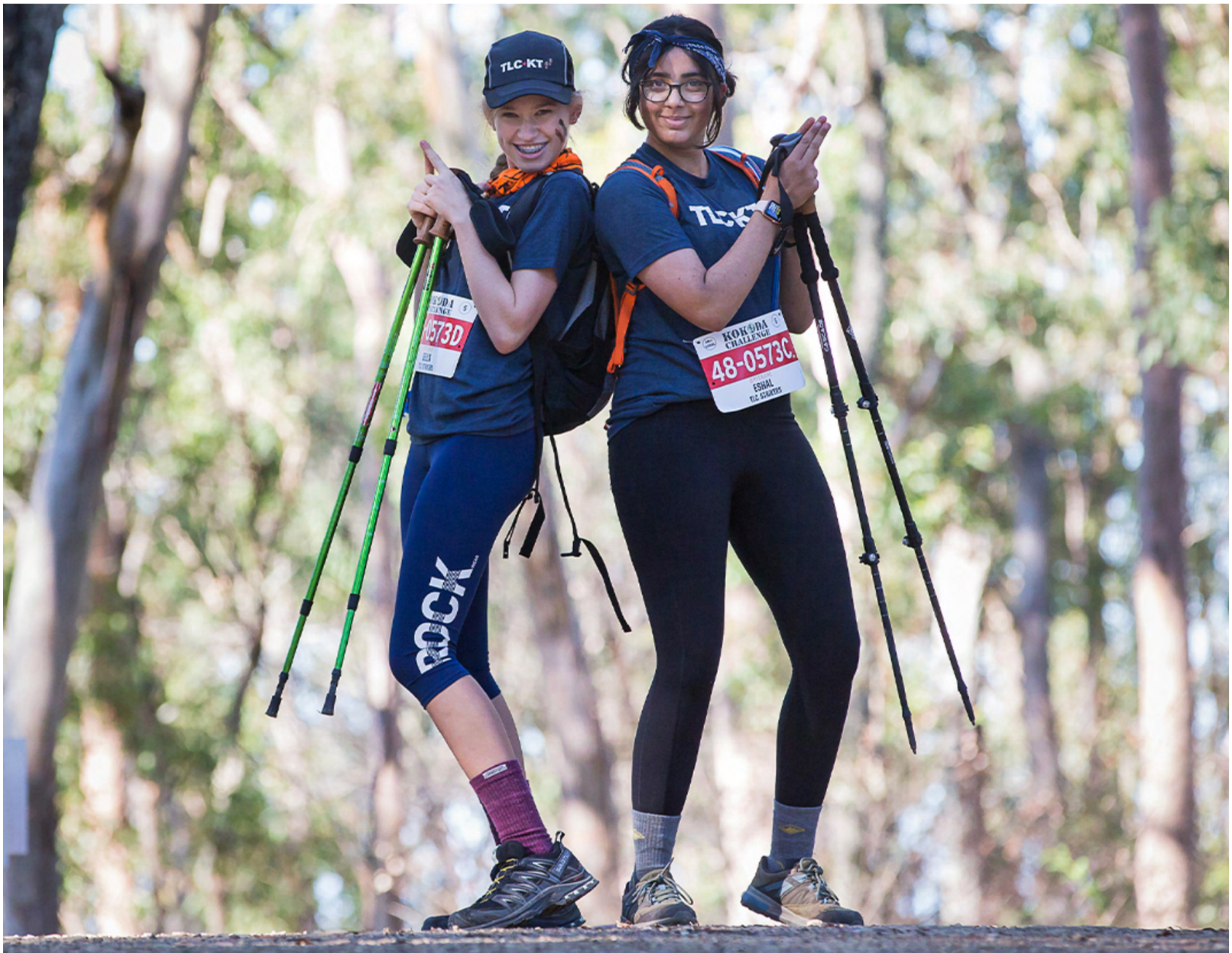
Transfer batter into a baking tin and spread evenly using a spatula.

Bake for 15-20min or until a skewer is inserted and comes out clean.

Let cool and cut into 12 brownies and store in the fridge.

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## DO YOU WANT CERTAINTY WITH YOUR NUTRITION FOR OPTIMAL TRAINING?

Holly is available online (including international) and in-person consults on the Gold Coast.

To work with Holly and see how you can make the most out of your performance you can contact her via:

Email: [performancedietitian@outlook.com](mailto:performancedietitian@outlook.com)

Instagram: @performancedietician