



Chloe McLeod – Sports Dietitian

Chloe is an Accredited Sports Dietitian who enjoys assisting her clients to make nutrition changes to be the best they can be.

Chloe regularly works with endurance athletes of all ages and levels, from the weekend warrior to those at the elite level.

Services available:

- Cyclist's meal plan to prepare for multi-day events - \$50
- One on one consults, either face to face or via skype + email support - \$75-120

How can Chloe help you?

- Nutrition plan to help support you through your training, and ensure you are ready for your cycle tour
- Education about the role of nutrition before, during and after your training sessions, adequate intake, hydration and the role of supplements and sports foods
- Personalised advice, that takes into account any medical or health concerns

See below for a one day sample meal plan:

Pre-ride breakfast	Smoothie – banana + oats + milk + yoghurt + cinnamon (+ shot of coffee if you like a boost)
Park up/Post ride breakfast	Bacon and egg roll OR Ricotta pancakes with blueberries
Lunch	Grilled fish + sweet potato wedges + vegetables
Afternoon snack	Fruit + nuts
Dinner	Pasta + meat balls + salad
Supper	Yoghurt

Tips:

- Include a source of protein and carbohydrate in your post ride meal to improve the efficiency of the recovery process.
- Aim to eat carbohydrate every 40 minutes when on a ride that goes for more than 90 minutes.
- Including yoghurt or milk as part of your supper helps muscles repair overnight, so you will be ready to go again the next morning.

Contact:

Email: chloedietitian@gmail.com

Website: www.chloemcleod.com

Instagram: @chloe_mcleod

Twitter: @chloe_mcleod

