

CBHS Can4Cancer Fit Steps

Your virtual
training partner



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Changing lives, ending cancer



Fit Steps Feast 101: Eat like an athlete

Are you ready to fuel your training and eat like an athlete?

We've got you covered with our 'Fuel your Fit Steps' tips below. The best part? These are foods you probably already have in your fridge and pantry!

Before training:

Your pre-training meal should have the perfect balance of protein and carbohydrates to keep you going the distance. Carbs are your body's fuel, so here are some ideas for pre-training meals or snacks:

- Cereal with milk and fresh fruit
- Bircher muesli with yogurt and berries
- Porridge with sliced banana and almonds
- Raisin toast with peanut butter or jam
- Baked beans on toast
- Toasted ham and tomato sandwich
- Crumpets with sliced banana and a drizzle of honey
- Small bowl of pasta with tomato-based sauce
- Fruit smoothie
- Tub of creamed rice with canned fruit

Fuel your Fit Steps

Download your healthy snack guide here



Recovery matters:

The three golden rules of recovery nutrition are: refuel, repair, and rehydrate. Protein-rich foods are essential for your recovery. Here are some options:

- Chicken, avocado and salad roll
- Chocolate milkshake or flavoured milk
- Yogurt and muesli with nuts and seeds
- Burritos with beef, cheese, avocado and salad
- Fresh fruit salad topped with Greek yogurt
- Spaghetti with lean beef bolognese sauce
- Small tin of tuna on crackers plus a banana

Hydration is key:

You're not a camel, so don't forget to stay hydrated! It's vital to bring enough water to sip on during your training sessions, especially on warmer days.

These tips are sourced from [Sports Dietitians Australia](#)

Fuel up, repair, and hydrate like a champion!

Exclusive Wellbeing Partner



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