

- Energy resources

30 DAYS TO **Boost Your Energy**

ENERGY-RICH VS ENERGY-SAPPING

Which foods to eat to boost your energy – and what to avoid to beat fatigue

BERRIES

SERVING: 1 cup of blueberries, raspberries, strawberries
CALORIES: About 65

HOW DOES IT BOOST ENERGY? Berries are light, nutrient-dense and rich in antioxidants to support brain function and reduce energy-sapping inflammation.

SPINACH

SERVING: 30g (raw)
CALORIES: 7

HOW DOES IT BOOST ENERGY? Known for its high iron content, spinach is also rich in magnesium, vitamin C and vitamin A, making it a great food for both mental and physical energy.

QUINOA

SERVING: 90g (cooked)
CALORIES: 111

HOW DOES IT BOOST ENERGY? Quinoa contains complex carbohydrates as well as all nine essential amino acids to support muscle repair and satiety.

PEANUT BUTTER

SERVING: 1 tbsp
CALORIES: 95

HOW DOES IT BOOST ENERGY? A small serving of peanut butter packs a quick punch, with 4g of protein for muscle repair and healthy fats for steady energy.

BROWN RICE

SERVING: 100g (cooked)
CALORIES: 112

HOW DOES IT BOOST ENERGY? Packed with complex carbs and fibre for slow energy release, brown rice also contains B vitamins that support the body's natural energy conversion process.

Energy RICH

Here's how to build an energy-rich diet using nature's most hard-working ingredients

EGGS

SERVING: 2 large eggs
CALORIES: 143

HOW DOES IT BOOST ENERGY? Eggs are a great source of protein, featuring all nine amino acids and B vitamins for efficient energy metabolism.

SWEET POTATOES

SERVING: 1 medium sweet potato

CALORIES: 112

HOW DOES IT BOOST ENERGY? Sweet potatoes are another complex carb that releases energy slowly. They're also high in vitamin A, which supports cell energy use.

LENTILS

SERVING: 80g

CALORIES: 77

HOW DOES IT BOOST ENERGY? This versatile pulse is high in iron and folate, with resistant starch and fibre for slow-releasing energy.

CHIA SEEDS

SERVING: 15g

CALORIES: 63

HOW DOES IT BOOST ENERGY? Chia seeds are high in protein and fibre, for long-lasting energy that prevents sugar spikes. Plus, they're rich in omega-3 to support brain function.

EXTRA-VIRGIN OLIVE OIL

SERVING: 1 tbsp

CALORIES: 120

HOW DOES IT BOOST ENERGY? Healthy fats provide slower energy release here, while supporting heart health and reducing inflammation. Plus, EVVO is incredibly versatile.

Energy foods

Energy SAPPERS

Avoid or cut down on these foods that can drain your energy levels



SUGARY BREAKFAST CEREALS

WHY CUT DOWN? Often high in refined carbs and sugar, shop-bought cereal can cause a rapid rise in blood sugar followed by a crash.



ENERGY DRINKS

WHY CUT DOWN? Energy drinks are usually full of sugar and caffeine, which may give you an initial boost, but it won't last. They're often low in other nutrients, too.



WHITE BREAD

WHY CUT DOWN? Refined flour in bread can cause a similar spike and drop in blood sugar levels, leaving you feeling drained.



PASTRIES AND CAKES

WHY CUT DOWN? Not only are pastries and cakes high in refined sugar, they're also usually packed with unhealthy fats that can make you feel sluggish.



ALCOHOL

WHY CUT DOWN? Booze disrupts sleep and actually dehydrates your body, both of which will cause tiredness and reduced concentration.

30 Days TO Boost Your Energy

TOFU

SERVING: 100g

CALORIES: 16g

HOW DOES IT BOOST ENERGY?

High in protein, iron and magnesium, tofu supports muscle repair and growth as well as oxygen delivery and cellular energy production.

BROCCOLI

SERVING: 91g (raw)

CALORIES: 31

HOW DOES IT BOOST ENERGY?

C and B vitamins support energy metabolism and help to reduce fatigue, while iron and folate support red blood cell production.

BANANAS

SERVING: 1 medium banana

CALORIES: 105

HOW DOES IT BOOST ENERGY?

Bananas are rich in natural carb, with plenty of fibre for slower digestion. Plus, they're packed with potassium to combat fatigue.

LEAN BEEF MINCE

SERVING: 100g

CALORIES: 130

HOW DOES IT BOOST ENERGY?

With a whopping 21g of protein per serving, lean beef mince is a great option for sustained energy and will help combat iron deficiency.

Energy RICH

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COTTAGE CHEESE

SERVING: 110g

CALORIES: 110

HOW DOES IT BOOST ENERGY?

Cottage cheese contains casein protein, which is slow-digesting, along with calcium and phosphorus for muscle function and bone health.

SALMON

SERVING: 100g

CALORIES: 210

HOW DOES IT BOOST ENERGY?

Omega-3 fats are a slow-burning energy source, with high-quality protein and B vitamins to promote muscle repair and red blood cell production.



OATS

SERVING: 40g (uncooked)
CALORIES: 150

HOW DOES IT BOOST ENERGY? Oats are rich in complex carbohydrates for sustained energy release, with soluble fibre that slows digestion and prevents spikes and crashes.

BLACK BEANS

SERVING: 100g
CALORIES: 72

HOW DOES IT BOOST ENERGY? Black beans are a good protein source (5g per 100g serving) along with complex carbs, and they're also high in iron, which helps prevent fatigue.

CASHEW NUTS

SERVING: 28g
CALORIES: 155

HOW DOES IT BOOST ENERGY? Cashews are rich in magnesium, which is an important mineral for converting food to energy.

GREEK YOGHURT

SERVING: 170g
CALORIES: 100

HOW DOES IT BOOST ENERGY? Natural Greek yoghurt contains about 15-20g of protein per serving - plus, probiotics will contribute to a healthy gut microbiome, which can influence energy levels and digestion.

Energy foods

Energy
SAPPERS



PROCESSED MEATS

WHY CUT DOWN? Sausages, bacon and deli meats generally contain high levels of saturated fats, which can disrupt digestion and cause you to feel lethargic. They're also often very salty, which may dehydrate your body.



DEEP-FRIED FOODS

WHY CUT DOWN? Deep-fried foods are often high in calories, but low in nutrients, causing you to fill up without actually giving your body what it needs. They can also cause inflammation as they're tricky to digest.



HIGH-SUGAR SNACKS

WHY CUT DOWN? You guessed it: sugary snacks are highly likely to lead to that spike-and-crash cycle that will leave you feeling even more exhausted than you were before.



FAST FOOD

WHY CUT DOWN? Fast food is often packed with refined carbs, sugars and saturated fats, all of which will give you a quick burst of energy that your body won't be able to sustain.



ULTRA-PROCESSED READY MEALS

WHY CUT DOWN? As well as being high in refined carbs, sugars and saturated fats, ready meals are generally low in the micronutrients our bodies need for energy production.