

## Whole foods Recommendations BORA – hansgrohe

### Good health starts in the kitchen

We don't subscribe to any dietary labels; instead, we believe in fueling and nourishing our body with real, whole foods. That means clean, unprocessed foods that are as close to their natural state as possible. No additives, no preservatives, and no artificial ingredients. Why would you want to overload your body with chemicals and toxins? It just doesn't make sense to us.

We believe health and nutrition is a lifestyle. As such, extreme restrictions rarely work in the long term. They just put extra stress on your mind and body. We believe in eating sustainably, for both you and for the world!

### Food philosophy in a nutshell:

- No sugar or gluten
- Some gluten-free grains
- High quality animal protein, beans and pulses
- Plenty of good fats
- Limited amounts of dairy
- Limited amount of low-fructose fruits
- Loads of colorful and green veggies!

### Rules to live by: Keep it simple

- Eat clean unprocessed foods.
- Drink water- all day (filtered if possible)
- Practice mindful eating- engage in the eating experience- this improves our relationship with food and our bodies.
- Eat in a relaxed environment
- Chew your food until it is liquid

- Eat until satisfied, not full
- Start your day with a beautiful and nourishing health routine e.g.: lemon water, meditation, gratitude and movement
- End the fad diet mentality. Let it go. Diets don't work long term
- Buy local and organic produce where possible
- No more deprivation- enjoy a treat daily or weekly. This is healthy!
- Listen to your body- start to engage when you are hungry and not hungry
- Nurture your emotional self. Be kind to yourself. Remember you are good enough
- Don't buy ingredients unless you can pronounce them – avoid anything 'artificial' because your body does not know how to break it down
- Keep active- daily. In your favorite ways!
- Enjoy solitude and rest daily. Yes, everyday. Schedule in time to rest just like you do for your work meetings

## Breakfast

### Smoothies and juices:

Freshly prepared juice are real immune boosters and not too heavy on the belly for a pre-morning workout:

### Combine as you like with

- Green leafy vegetables (kale, spinach, pineapple, celery, parsley etc.)
- Beetroot, carrot, orange-add ginger it is anti-inflammatory & great for an upset tummy
- Watermelon, mint and some cayenne pepper (great for stomach)
- For heavier smoothies depending on workout and race we add milk and all plant based like rice milk, coconut milk, almond milk or oat milk.
- Different fruits and berries (blueberries, raspberry, mulberry, pomegranate, pineapple, papaya, apple etc.) rich in anti-oxidants and full of fibre
- Super food powder post workout (acai, aronia, maca, moringa, etc.)
- Fresh herbs, sprouts
- Ginger, curcuma, chilli, etc.

### Porridge/Muesli or basmati rice

Mix different kinds (spelt, oat, buckwheat, rice, kamut) with popped amaranth or buckwheat, etc. and soak with water overnight. Next morning add more water or a nut-/plant based milk, heat gently and enhance depending with:

- Fresh fruits of the season
- nuts (best soak overnight)
- Nut-/plant based milk (almond, rice, oat, coco, hazelnut, etc.)
- Dried fruits, goji berries, aronia berries, etc.
- Goats-, sheep's milk yoghurt or curd
- Chia-, linseeds
- Honey, agave syrup
- Cinnamon, cardamon, nutmeg, etc.
- Crepe suzette with buckwheat flour and vanilla. I make a fresh fruit Coulis with maple syrup especially on rest days or gluten free almond and egg pancakes.
- Freshly cut up fruit platter mango, kiwi, berries, banana
- Salmon and avocado platter rich in natural fats omega3 fatty acid, protein

### Breads:

Wholegrain bread, gluten free bread:

- Choose variety of flours such as chickpea or polenta for pizza crust
- Buckwheat or organic flour for crepes and amazing seed breads
- Use nuts, seeds and eggs for a flour free bread
- Replace any wheat or gluten use almond, coconut or rice flour for a vegetable, banana, pumpkin or raspberry bread.

**Rice / pasta** (we do not believe that pasta is sufficient every single day in a grand tour. Quinoa and alternatives are beneficial enough for sustained energy and keeping body fat low)

Wholegrain rice, spelt-, kamut- buckwheat, quinoa, cous cous, potatoes, sweet potatoes, butternut, pumpkin to name a few are great natural slow release energy resources to substitute any form of pasta.

### Eggs

Great any time of the day. We serve 3 egg omelettes in the mornings. Add them to salads,

devilled eggs, or hard boiled for recovery on the bus.

**Recovery food usually prepared the night before: This goes on the bus with the soigneur  
This meal is one of the most important meals of the day!**

- 1 extra whole chicken roasted and deboned with roasted sweet potatoes in a Tupperware with fresh boiled basmati rice. Heated on the bus
- Soaked in coconut milk chia seeds with added protein powder to enhance nutrition density and fresh cut up fruits with lemon juice on hotter stages
- Boiled risotto rice in milk and brown sugar with cinnamon, vanilla and nutmeg like rice pudding.
- Banana and date smoothies with rice milk and added protein 25 grams per 100ml. Depending on athlete's body mass index
- Hard boiled eggs and quinoa that is in a tomato sauce
- Every other day red or green pesto wholegrain pasta

### Drinks

- tea (green, rooibos, herbs)
- freshly squeezed juices, smoothies (fruit of the season)
- water
- Smoothie or juice
- Flavored vitamin water with berries, mint, lemon, ginger, lime, basil

### Lunch / Dinner

#### Starter

- Different fresh salads and soups. We do Asian salads and hand rolls wrapped in rice paper. We make some amazing pink beet soups or asparagus and seared salmon/tuna tartar with avocado.
- Avocados (either only avocado + lemon or as guacamole)
- lentil/ quinoa/ millet/ chickpeas/ couscous salad

- fresh vegetables like tomatoes, capsicum, courgette, eggplants etc. roasted in different ways with lots of spices and herbs.
- goat, sheep's milk cheese, parmesan, manchego
- nuts, seeds, sprouts, fresh herbs

### Salads and sauces:

add some lemon juice, fresh herbs (parsley, basil, cress), high quality oil (cold pressed olive oil) pumpkin seed oil with tangerines blended. Season with Himalayan pink salt and pepper.

### Main Dish

- We start with two different types of proteins each night like salmon or roasted chicken so riders can choose what they feel like. Proteins we usually use:
  - Salmon or any white fish
  - Chicken breast organic, whole roasted free range chickens
  - Organic turkey breast flavoured with mustard and honey
  - Organic ground beef less than 15% fat and no pork
  - Organic free range beef fillet
- carbohydrates: pasta (wholegrain, kamut, spelt), amaranth
- gluten free carbohydrates: polenta, potatoes, rice, millet, quinoa, buckwheat
- vegetables: lots of green vegetables like spinach, green beans, etc., but also others like courgette, eggplant, carrots, mushrooms, etc. depending on season and taste.
- legumes (peas, chickpeas, lentils, beans)
- fresh herbs and spices, high quality oils, sprouts, seeds

### Treats/snacks

- fresh fruits of the season
- Chia pudding with self-made berry pure
- Every night we have a different dessert. I like to mix it up with different kinds of protein or healthy alternatives like gluten free sponge and high protein quark for a delicious cacao tiramisu.
- Our desserts usually consist of eggs, almond flour, chia seeds, coconut cream or milk, maple syrup or honey, nuts caramelized in cinnamon or seeds. We only use the highest quality chocolate 70-85% pure cacao bars.

- Our desserts are completely gluten, wheat, sugar and dairy free. Most are vegan

### Snacks

- Fruits of the season
- Rice-, corn waffles with nut or fruit purees
- nut-/plant based milk (almond, rice, oat, coco, hazelnut) with flakes
- goat-, sheep's milk yoghurt or curd
- muesli
- nuts, seeds, dried fruits

### Quality Oils

High quality oils like linseed, walnut or hempseed oil have an ideal ratio of omega 3/omega 6 fatty acids. So are pumpkin, grape seed and cold pressed olive oil great to top off salads or vegetables. Use coconut oil for baking and frying as well as sesame especially with fish.