

Nutrition Recommendations BORA – hansgrohe

Good health starts in the kitchen

We don't subscribe to any dietary labels. Instead, we believe in fuelling and nourishing our body with real, nutritious 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 simply doesn't make sense to us.

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

Our food philosophy in a nutshell:

- Minimise white sugar intake
- Where possible, try to eat freshly cooked carbohydrates like rice, potatoes, quinoa, millet and spelt
- Consume high quality animal protein (e.g. fish, meat, eggs) and natural protein (e.g. beans, nuts, pulses/legumes)
- Use plenty of good fats
- Consume limited amounts of dairy
- Try to limit your amount of low fructose fruits
- Take in plentiful amounts of colourful and green veggies

Keep it simple

- Eat clean, unprocessed foods
- Drink water throughout the day (filtered if possible)
- Take your time when eating
- Eat in a relaxed environment
- Chew your food long enough
- Eat until you are satisfied, but not necessarily full
- Start your day with the same health routine
- Know that fat doesn't necessarily harm you
- Buy local and organic produce where possible
- Don't always deprive yourself. Rather, enjoy a treat daily or weekly. And look for healthy alternatives.
- Listen to your body and eat when you're hungry
- Avoid artificial ingredients
- Move every day for one hour or walk, for instance, 10,000 steps
- Take time for yourself

The basics: rice & pasta

It doesn't always have to be pasta. We use alternatives for sustained energy, such as wholegrain rice, basmati rice, quinoa, potatoes, sweet potatoes, and pumpkin, slow release energy resources to substitute any form of pasta.

Breakfast

Smoothies and Juices

- Smoothies and juices: freshly prepared juices are real immune boosters and are not too heavy on the stomach for a pre-morning workout.
- Combine as you like:
 - o Green leafy vegetables (kale, spinach, celery, parsley, etc.)
 - o Beetroot, carrots
 - o Watermelon, orange, different fruits and berries (blueberries, raspberries, mulberries, pomegranate, pineapple, papaya etc.)
 - o For heavier smoothies, we add plant-based milk like rice milk, coconut milk, almond milk, or oat milk
 - o Superfoods (acai, aronia, maca, moringa)
 - o Fresh herbs (mint, sprouts) and some
 - o Ginger and other spices (curcumin, chilli, cayenne pepper etc.)

Porridge /Muesli

- Mix different types of spelt, oat, buckwheat with popped amaranth or buckwheat and soak in water overnight
- The next morning, add more water or a plant-based milk, heat gently and enhance according to taste with:
 - o Fresh fruits of the season
 - o Nuts (best soaked overnight)
 - o Nut/plant-based milk (almond, rice, oat, coconut, etc.)
 - o Dried fruits, goji berries, aronia berries, etc.
 - o Goat's/sheep's milk or natural yoghurt
 - o Chia, linseeds
 - o Honey, maple syrup, cinnamon, cardamom, nutmeg etc.

Bread

Wholegrain bread from natural sourdough

Eggs

We start in the morning with an omelette with avocado, together with fresh fruits, porridge, and smoothies

Drinks

- Tea (green, herbs, ginger)
- Freshly squeezed juices/smoothies or fruit of the season
- Water

Recovery Food

Usually, it is prepared the evening before and served to the riders directly after the race in the bus:

- Rice, pasta or potatoes with vegetable sauces such as fresh tomato sauce or pesto and parmesan/feta cheese
- Sandwiches with fresh tomato, avocado, fresh herbs, mozzarella and pesto
- Spelt pizza with vegetables and mozzarella

Lunch/Dinner

Starters

- Different fresh salads (tomato, carrot, beetroot, green salads, cucumber)
- Avocado
- Lentils/quinoa/millet/chickpeas/couscous salad
- Fresh vegetables, raw or roasted like tomatoes, capsicum, courgette, eggplants, etc.
- Goat cheese, feta, parmigiano
- Different nuts, seeds, sprouts
- Fresh herbs

Salads and Dressing

- Add lemon juice, fresh herbs (basil, parsley, cress), high quality oil (cold pressed olive oil) and pumpkin seed oil
- Season with Himalayan salt and pepper

Main Dish

- Lean meat or fish: salmon or white fish, organic chicken, organic turkey breast, organic ground beef less with than 50% fat, organic free-range beef fillet (no pork)
- Carbohydrates such as whole grain, kamut, polenta, potatoes, rice, millet, quinoa
- Lots of green vegetables, like green beans, spinach, chard etc., but also others such as courgettes, eggplants, carrots, mushrooms, etc., depending on season and taste
- Legumes like peas, chickpeas, lentils, beans
- Fresh herbs and spices, high quality oils, sprouts and seeds

Dessert

- Fresh fruits of the season
- Chia pudding with self-made berry purée
- Cake (courgette cake, carrot cake, etc.) with high portion of spelt, nuts and sugar-free with fruits and cacao.
- Our desserts usually consist of eggs, almond flour, chia seeds, coconut cream of milk, maple syrup or honey, and nuts and seeds caramelised in cinnamon

Snacks

- Fruit of the season
- Rice or corn waffles with nut or fruit purée
- Nut or plant-based milk with oats
- Goat, sheep or natural yoghurt
- Muesli
- Nuts, seeds, dried fruits

Oils

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