

Food, preparation & tolerance

Reviewed 31 October 2026 · General adult education

Use the filtered food ideas from your KYH result. This blank worksheet does not supply a medical diet, nutritional-adequacy assessment, calorie target or unfiltered recipes.

Prepare your week

Meals / eating opportunities	
Ingredients & amounts to buy	
Labels / exclusions to check	
Preparation / food storage	
Training / travel / water access	

A useful preparation sequence

1. Choose familiar, suitable foods. 2. Write what you will buy and prepare. 3. Check every ingredient, label and cross-contact risk. 4. Plan eating and drinking opportunities. 5. Review comfort, hunger, energy and recovery.

No blanket forbidden-food list. Any relevant allergy, clinical diet or fluid restriction takes priority. More restriction is not automatically better.

Observe, then adjust

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Monday

Food / training / tolerance	
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Tuesday

Food / training / tolerance	
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Wednesday

Food / training / tolerance	
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Thursday

Food / training / tolerance	
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Friday

Food / training / tolerance	
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Saturday

Food / training / tolerance	
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Sunday

Food / training / tolerance	
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Reflection: what felt practical? What needs changing?

One practical change	
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Persistent unusual fatigue, recurrent injuries, rapid weight loss or restrictive eating concerns need clinical assessment. This sheet cannot diagnose their cause.