

Ballet Body Fuel

Simple Nutrition for Busy Women



5 Quick Nutrition Secrets for
Energy, Strength
& Confidence

*Helping you build strength, grace and vitality -
one step at a time*

**STUDIO
BY TIERNEY®**

Welcome



Hi lovely,

If you're here, it means you're ready to take small but powerful steps toward feeling your strongest, most confident self. This isn't about dieting, counting calories or stressing over food – it's about nourishing your body so you feel energised, balanced and ready to take on your day.

As a former professional ballerina and now a busy mum of two, I know how demanding and unpredictable life can be. Whether you're juggling work deadlines, family commitments, or simply trying to carve out time for yourself, I get it. That's why I've created this simple guide...quick wins, realistic tips and no guilt attached.

Let's get started!

Tierney

01 Ballet Body Fuel Formula

Think in 3s: *Protein + Fibre + Healthy Fats*

Protein is essential for muscle recovery, it builds and repairs after intense training and workouts. Not only does it give you more sustained energy it helps with building lean muscle mass too, perfect for wanting to tone and sculpt your body.

Fibre's key role is to keep you feeling fuller for longer. Think complex carbs like fruits, whole grains and vegetables which provide you with long-lasting energy. Maintaining blood sugar levels is key, fibre helps to stabilise this and prevent crashes throughout the day. Your digestive system *loves* fibre too.

Healthy fats are important to balance your hormones and stabilise your mood. They are also super important for nutrient absorption (particularly fat soluble vitamins such as vitamin A, D, E, K).

Example Snack: Greek yoghurt + Handful of berries + Sprinkle of seeds
(I personally love chia & flaxseeds)



02

5 Quick Snacks & Meals for Busy Days



Healthy doesn't have to be complicated. Small, nourishing choices add up to big energy - even on the busiest of days.

Stocking your cupboards and fridge with easy but nourishing snacks is the best way to keep cravings at bay, maintain steady blood sugar levels and stop you reaching for the processed foods between meals. Not only are they more nutritious, they give your body the fuel to recover, energy for the day and essential vitamins and minerals required.

1. **Ballet Smoothie:** Handful of strawberries, 200ml almond milk, 1 tbsp oats, 1 tsp chia seeds > Blend & Enjoy
2. **Nut Butter Rice Cakes:** Spread with almond or peanut butter + banana + 1 tsp chia seeds
3. **Wrap & Roll:** Wholemeal wrap, hummus, handful of spinach, ½ sliced cucumber, ½ cup roast chickpeas/chicken > Wrap it up!
4. **Energy Bites:** 1 tbsp Almond butter, 1 tbsp oats, 1 tsp cacao powder, 1 tsp flaxseed > Mix, roll & refrigerate
5. **One Tray Wonder:** Chop 1 large sweet potato, 1 courgette and protein of your choice (eg chicken, chickpeas), drizzle olive oil > Bake for 20 mins.



03

Hydration

Water isn't just for quenching your thirst—it's your secret weapon for stamina, focus, and recovery. Dehydration can lead to fatigue, muscle cramps and slower performance, even if your nutrition is on point. Sip water throughout the day and even consider adding electrolytes during long, more intense workouts or hot days to replenish what you sweat out.

Pro tip: Start your morning with a glass of water before coffee or breakfast—it wakes up your system and sets the tone for energized movement. I like to add lemon or cucumber to mine for that extra boost!

04 The 'Energy Before Exercise' Trick

Eating a snack 30–60 minutes before exercising is a smart and widely recommended strategy to boost energy and get the most out of your workouts. I'll explain why it's so beneficial here!

It provides quick energy and a light snack with easily digestible carbs (like a banana, toast with honey, or a homemade granola bar) gives your body readily available glucose, which fuels your muscles during exercise. Exercising on an empty stomach, especially after fasting overnight, can cause low blood sugar, leading to dizziness, fatigue, or reduced stamina, which we definitely don't want. Finally, If you include a small amount of protein (e.g., Greek yogurt, nut butter) in your snack that helps prevent your body from breaking down muscle for energy during workouts.

Why 30–60 Minutes?

This window gives your body enough time to digest the snack so that nutrients are available during your workout, but not so much time that your blood sugar drops again. The ideal timing can vary a bit depending on the snack size and type.



05

Plan Your Meals Ahead



Meal planning has been a game changer for me as someone with a packed schedule. It ensures I get proper nutrition and the right balance of protein, fibre, and healthy fats every day. When meals are ready ahead of time, you avoid skipping meals or reaching for quick, sugary fixes that lead to energy slumps. Thoughtful planning makes it easier to stay consistent with portion sizes and nutrients, especially on those chaotic days no scrambling to decide what to cook and even better if you can prep ahead.

Fridays are my meal plan days, ready for my weekly shop on Sunday. Choose a day that works for you and give it a go. Here's a sample day meal plan!

| Meal | Example |
|-----------|--------------------------------------|
| Breakfast | Egg omelette with spinach & mushroom |
| Snack | Ballet Smoothie |
| Lunch | Wrap & Roll |
| Snack | Energy bite or rice cake |
| Dinner | One tray wonder + Salad |

Want More Recipes & Support

Join me for exclusive meal ideas, ballet-inspired workouts, a community of like minded women and full support designed for busy women like you.



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JOIN ME

"Fuel your body like a dancer—nourish with intention, move with purpose, and let every meal support the strength behind your grace."



hello@studiobytierney.co.uk
www.studiobytierney.co.uk
@tierneyheap