
TRUST PERSONAL TRAINING

PERFORMANCE SERIES / SIGNATURE SERIES

FUEL YOUR TRAINING

BUILD / MAINTAIN / EVERYDAY FOOD



THEMBA COLLIN MLOMBO

Trust Personal Training | Johannesburg, South Africa

EDITION 01 / SEPTEMBER 2026 / PERSONAL USE

01 / OVERVIEW

Eat with purpose

A practical guide to support resistance training using accessible foods: oats, eggs, yoghurt, chicken, rice, pap, beans, fruit and vegetables. This is a new general eating guide from Trust Personal Training, not a record of Themba's personal diet or a promise to reproduce his size and definition.

Two approaches

Build: start with your usual balanced meals and add a modest portion when your weight and training performance are not increasing. **Maintain:** keep portions stable and prioritise protein, produce and consistent training. **Definition** usually requires gradual overall fat loss; this guide does not prescribe an aggressive cutting diet.

For healthy adults. Medical conditions, pregnancy, food allergies or a history of disordered eating require individual guidance from an appropriately qualified professional.