

# RUGBYGRUB

HARRY ELRINGTON AND  
THEO BROPHY CLEWS



## WHO ARE WE?

WE ARE PROFESSIONAL RUGBY PLAYERS AND TRAINEE NUTRITIONISTS, SHARING HOW WE EAT TO OPTIMISE PERFORMANCE.

## WHAT WE OFFER:

- BESPOKE NUTRITION PRESENTATIONS
- COOKING WORKSHOPS
- NUTRITION GUIDES

CONTACT US:  
RUGBYGRUB1@GMAIL.COM  
INSTAGRAM:  
@RUGBYGRUB

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## SERVICES

- **BESPOKE NUTRITION PRESENTATIONS**

A Key Note style presentation covering the basics of nutrition for health and performance. Can be personalised for age group/sporting level/sport.

- **Cooking workshops**

Delivered in a kitchen/lab, these workshops are designed to educate how food choices and recipes fit into a balanced diet for school and sporting performance.

- **E-Book**

Our e-book: The Beginner's Guide to Performance Nutrition, is a great guide full of recipes and information, to help the young athlete improve their nutrition. Can be purchased for distribution.

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