

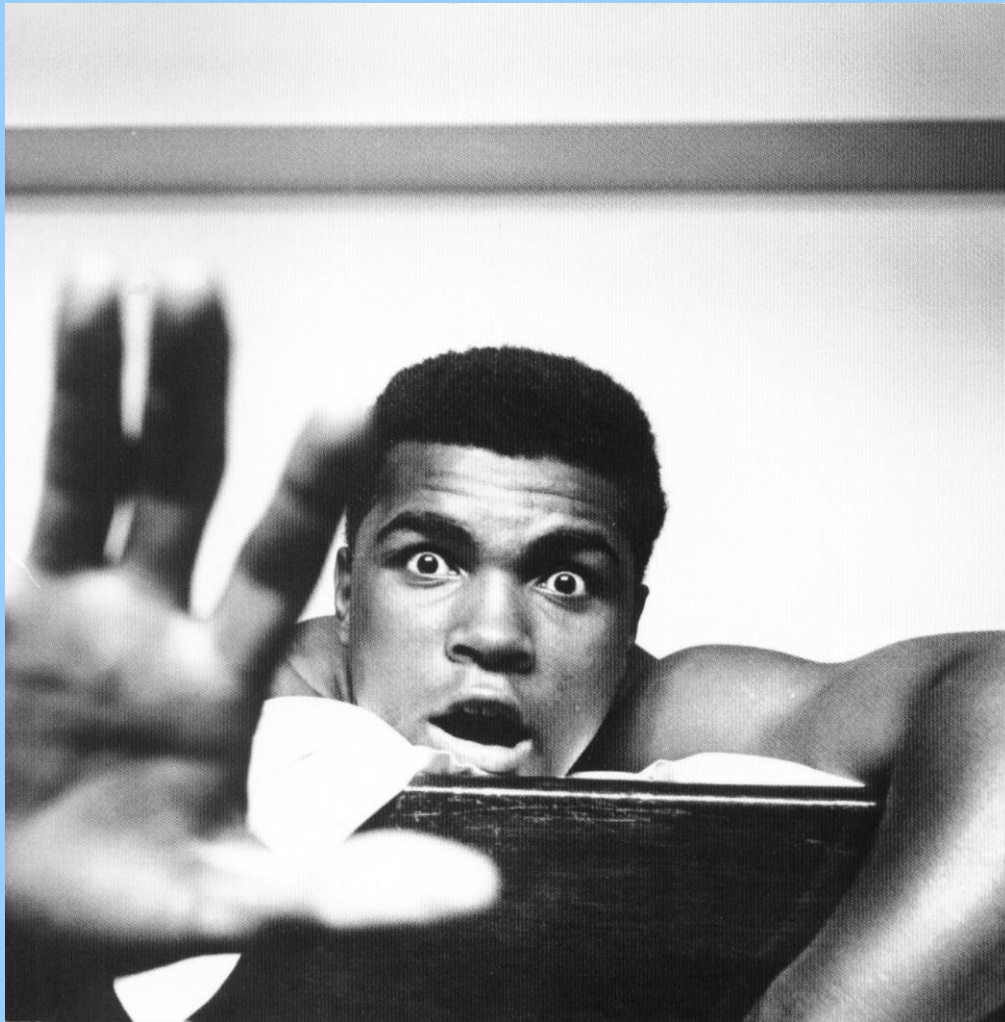


Eat to Win!

DAME SARAH STOREY DBE

14 TIMES PARALYMPIC
CHAMPION

31 TIMES WORLD CHAMPION
SWIMMING AND CYCLING



**“CHAMPIONS ARE
MADE FROM
SOMETHING THEY
HAVE DEEP
INSIDE...”**

My Desire, Dream and Vision



Nutrition across 7 Games cycles



Nutrition through pregnancy & breastfeeding



My Nutrition Legacy





**“LIFE IS A JOURNEY....
FOLLOW YOUR DREAMS...”**