

Novak Djokovic Diet Plan

The full day of eating of Novak Djokovic Although he eats different items a day to day nutrition level is similar to this perfect diet. Here is a complete **Novak Djokovic diet plan**.

- **Breakfast in Novak Djokovic Diet Plan**

Water very first thing out of bed, two tablespoons of honey; breakfast food (including organic, gluten-free oatmeal, cranberries, raisins, pumpkin or helianthus seeds and almonds)

- **Mid-morning snack (if needed) in Novak Djokovic Diet Plan**

Gluten-free bread or whacky with avocado and tuna

- **Lunch in Novak Djokovic Diet Plan**

Mixed-greens dish, gluten-free alimentary paste primavera (including rice alimentary paste, summer squash, courgettes, asparagus, preserved tomatoes, and nonmandatory vegetarian cheese)

- **A mid-afternoon snack in Novak Djokovic Diet Plan**

Apple with cashew butter; melon

- **Dinner in Novak Djokovic Diet Plan**

Kale Caesar salad (kale, fennel, quinoa, and pine nuts) and dressing (including anchovies or sardines); soup; salmon fillets (skin on) with cooked tomatoes and marinade.

Novak Djokovic Workout Video

Novak has immersed himself into a whole plant-based diet. He is working very closely with a company located right here in San Jose.

Here is a little blurb about the company he is very closely associated with:

<https://www.youtube.com/watch?v=LALbVSq7tP0&feature=youtu.be>