



# TEAM GREENS PLUS™

National Collegiate  
Track and Field Champion

U.S. Olympic Bobsled  
Team Alternate



amoreleybobsled@gmail.com



*"Training at an elite level requires discipline in every area. I use Greens Plus Food Bars exclusively on training days for energy and recovery. Greens Plus products help me adapt to the extremes of winter competition."*

NAME

Amanda Moreley

HEIGHT

5'7"

WEIGHT

173 lb

OCCUPATION

Canadian Olympic Bobsled  
Team Driver

SUPPLEMENT  
PROGRAM

*Daily:*

Soy Protein Greens Plus,  
Immune Guard

*Pre-training:*

Chocolate Energy Bars

*Post-training:*

Chocolate Protein Bars

WEEKLY  
TRAINING  
SCHEDULE

Bobsled conditioning 5x  
Weight training 3x  
Yoga 3x