



JAMES LEBAIGUE

**REGISTERED SPORTS NUTRITIONIST,
HEALTHCARE PROFESSIONAL,
BRITISH TRIATHLON COACH,
TRIATHLETE, BLOGGER/YOUTUBER**

CONTACT

- [Instagram HurryTheFoodUp](#)
- [Youtube HurryTheFoodUp](#)
- [Instagram NutritionTriathlon](#)
- [Youtube NutritionTriathlon](#)
- [hurrythefoodup.com](#)
- [nutritiontriathlon.com](#)

SPORTS

- Swimming, cycling, running, triathlon (raced for the GBR Triathlon Age Group Racing Team)

EDUCATION

- **2021**
Master of Science
Sports and Exercise Nutrition
- **2013**
Bachelor of Science
Paramedic Science

James is a weight loss specialist, MSc Sports Nutrition, healthcare professional, certified triathlon coach, and has raced for the GBR Triathlon Age Group Racing Team.

He is also the nutritionist at [hurrythefoodup.com](#) (a vegetarian blog with 400,000 monthly visitors, 50,000 email subscribers), and is responsible for ensuring their weight loss and muscle gain products are safe and effective.

SUGGESTED INTERVIEW TOPICS

- Vegetarian protein deficiency
- Balancing macros in weight loss
- The best diet for weight loss
- Weight loss drugs (semaglutide)

Broader topics: Vegetarian Lifestyle, Muscle Gain, Triathlon, Endurance Sports, Motivation, Amateur Sports

SUGGESTED QUESTIONS FOR JAMES

- How can vegetarians get enough protein?
- Would you recommend weight loss drugs for the average person?
- Is a high-protein diet beneficial for weight loss?
- Do you have to exercise to lose weight?
- How do you deal with cravings when trying to lose weight?
- Can you lose fat and gain muscle at the same time?
- Is there any benefit to extreme practices like 800 calorie-a-day diets?
- How can people stop weight regain after reaching their goal?
- Does walking a dog count as being active? - What exercise really means.
- What should you do to live longer?

FIELD OF PRACTICE

2020 - Today: Nutritionist at HurryTheFoodUp and founder of The Vegetarian Protein Fix

Overseeing the nutritional profile of recipes and meal plans. Ensuring customers lose weight and improve fitness safely.

2020 - Today: Nutrition Coach at NutritionTriathlon

Coaching amateurs to improve their performance in endurance racing.

2015 - Today: Advanced Clinical Practitioner in Family Medicine in a busy NHS practice.

One of the first Paramedics in the UK to earn independent medicine prescription rights.