

# EXAMPLE MEAL PLANS

## Breakfast Examples

Breakfast is possibly the most important meal of the day, as overnight your body's reserve of carbohydrate is used by your brain, and so breakfast helps to refill this store. If you do not eat breakfast you will be more lethargic and your concentration will be lower. Make sure you have a good breakfast every day, eat the right foods (indicated below) and eat as much as you need.

### Excellent

Toast and Jam  
Baked Beans  
Cereal and Semi/Skimmed Milk  
Fruit  
Boiled Eggs  
Greek Yoghurts  
Smoothie

### Good

Lean Grilled Ham  
Crumpets  
Scrambled Eggs  
Toasted Muffins  
Bagel  
Fruit Juice

### Unhealthy

Bacon  
Sausages  
Streaky Bacon  
Hash Browns  
Fried Eggs

## Lunch Examples

Lunch is important to top up your stores throughout the day. If you have just trained, it will help you to replace the energy you have just used, or if you are training later it will give you energy to train at a higher intensity later on. You should aim to eat a lunch which is low in fat and contains a good source of carbohydrates. You may need to prepare lunch at home to take with you if you do not have the facilities where you work, train or study.

### Excellent

Baked Potatoes with tuna (no mayonnaise)  
Baked beans  
Cottage cheese  
Spaghetti  
Turkey/tuna/chicken/ham  
Sandwich

### Good

Egg sandwich  
Jaffa cakes  
Low fat crisps  
Pancakes  
Toasted muffins  
Cereal bars  
Fromage frais

### Unhealthy

Sausage roll/  
pastries  
Streaky bacon  
Chips  
Burger and chips  
Fried chicken

### Excellent

Pasta and tomato-based sauce  
Salad (no mayonnaise, limited dressing)  
Fruit  
Yoghurt  
Fruit juice  
Rice cakes/snack-a-jacks  
Rice Pudding

### Good

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### Unhealthy

Pizza  
Fried eggs  
Crisps  
Chocolate  
Mayonnaise

## Dinner Examples

Dinner for many players is the main meal of the day and so you must make sure that you get the right types of food for this meal. Try to make sure you control your fat intake:

- Oven chips (especially thick cut chips) are better than fried chips, as they are lower in fat and are a good source of carbohydrate.
- You should limit your intake of burgers, pies and sausages.
- You should limit your fast food intake as most of these options are high in fat.
- Many ready-made meals are high in fat, so you should only have these occasionally. Try to increase the amount of carbohydrate you eat. Eat more pasta, rice, potatoes and vegetables. When eating

### Excellent

Chicken fillet, no skin, boiled or oven cooked  
Fish, grilled not in batter  
Baked, boiled or mashed potatoes  
Boiled rice  
Pasta, spaghetti  
Bread roll  
Salad (no mayonnaise, limited dressing)  
Vegetables  
Fruit  
Fruit juice  
Water  
Jelly  
Meringue nests

### Good

Boiled ham  
Grilled pork or lamb  
Grilled lean steak  
Pasta bake  
Lasagna (low fat cheese and lean mince beef)  
Spaghetti Bolognese (lean mince beef)  
Sweet and sour chicken  
Fromage Frais

### Unhealthy

Cheeseburgers  
Pizza  
Sausages  
Fried bacon  
Fried rice  
Chinese takeaway  
Fast food  
Mince pies  
Cream cakes  
Biscuits

## Snack Examples

Snacks are an important top-up of a player's diet, and you should attempt to 'graze' on snacks throughout the day so that you have a constant supply of energy available. There are plenty of snacks which are easily available which are not good for you (for example crisps, chocolate, some ready-made sandwiches which are often very high in fat), however it is important that you choose snacks which will help your performance. Try to do the following:

### Excellent

Fruit, bananas  
Cereal and semi skimmed milk  
Pasta  
Beans on toast  
Sandwiches  
Milk shakes  
Toast and jam  
Dried fruit  
Fruit smoothie  
Iced buns  
Sweetened popcorn

### Good

Yoghurt  
Nuts  
Noodles  
Snack-a-jacks  
Low fat rice pudding  
Bagels, muffins  
Crumpets, scones  
Cereal bars  
Jelly sweets  
Fromage frais  
Rice Krispy Squares  
Jelly

### Unhealthy

Crisps  
Chocolate  
Pasties  
Cakes  
Burgers  
Fast food  
Doughnuts  
Cream cakes

