

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 fraise

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

