

Sports Nutrition Meal Plan

	Breakfast	Lunch	Dinner	Snack/Dessert
Mon	<p>Tropical Fruits Immune Boosting Smoothie <i>*great for the immune system</i></p>	<p>Toothsomely Sweet Couscous <i>*good source of carbohydrate and protein</i></p>	<p>Spicy Bean and Veg Soup (Serve with wholemeal bread) <i>*good source of protein and carbohydrate</i></p>	<p>No Churn Bakewell Tart Ice Cream <i>*good source of protein *cherries are an anti-inflammatory</i></p>
Tues	<p>Green Power Smoothie <i>*good source of calcium, iron and protein</i></p>	<p>Quinoa Banana Bread (Serve with peanut butter and banana) <i>*good source of carbohydrate, protein and electrolytes</i></p>	<p>Beetroot and Kale Burger (Serve with salad) <i>*good source of protein and calcium *beetroot can enhance performance</i></p>	<p>Energy Tonic</p>
Weds	<p>Avocado on Toast <i>*good source of fat *good for stamina</i></p>	<p>Chickpea Salad <i>*good source of protein</i></p>	<p>Speedy Sweet Potato Quesadillas with Hummus <i>*good source of carbohydrate and fat</i></p>	<p>Caffe Mocha Pistachio Truffles <i>*good source of protein and fat</i></p>
Thurs	<p>Sweet Porridge with Nuts, Seeds and Dried Fruit <i>*good source of calcium, iron and protein *seeds can help prevent injury</i></p>	<p>A Great Big Lunchtime Salad Bowl <i>*good source of protein and carbohydrate</i></p>	<p>Chilli Tomato and Basil Baked Beans on Toast <i>*good source of protein and carbohydrate *chilli is an anti-inflammatory</i></p>	<p>Chilli Chocolate Orange Brownie <i>*good source of fat and protein *chilli can increase metabolism</i></p>
Fri	<p>Chia Pudding <i>*good source of calcium and protein</i></p>	<p>Sweet Potato Bread <i>*good source of carbohydrate</i></p>	<p>Friday Night Pizza <i>*good source of fat, protein and carbohydrate</i></p>	<p>Energy Tonic</p>
Sat	<p>Purple Fruit Boost Smoothie <i>*good source of calcium and protein</i></p>	<p>Tofu Scramble <i>*good source of protein *good for stamina</i></p>	<p>Lentil Lasagne <i>*good source of protein and carbohydrate</i></p>	<p>Hot Citrus Pudding <i>*good source of fat and carbohydrate</i></p>

Sun	<p>Breakfast Peanut Slices <i>*good source of fat, protein and carbohydrate</i></p>	<p>Mushroom Parcels <i>*good source of carbohydrate and fat</i></p>	<p>Healthy Protein Casserole <i>(Serve with steamed vegetables)</i> <i>*good source of protein and carbohydrate</i></p>	<p>Green Juice <i>*full of electrolytes</i></p> <p>Nutrition Bar <i>*good source of protein and fat</i></p>
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