

SPORTS NUTRITION MEAL PLAN

| | BREAKFAST | LUNCH | DINNER | SNACK/DESSERT |
|-----------|--|--|---|---|
| MONDAY | <p><u>Tropical Fruits Immune Boosting Smoothie</u> *great for the immune system</p> | <p><u>Toothsomenly Sweet Couscous</u> *good source of carbohydrate and protein</p> | <p><u>Spicy Bean and Veg Soup</u> (Serve with wholemeal bread) *good source of protein and carbohydrate</p> | <p><u>No Churn Bakewell Tart Ice Cream</u> *good source of protein *cherries are an anti-inflammatory</p> |
| TUESDAY | <p><u>Green Power Smoothie</u> *good source of calcium, iron and protein</p> | <p><u>Quinoa Banana Bread</u> (Serve with peanut butter and banana) *good source of carbohydrate, protein and electrolytes</p> | <p><u>Beetroot and Kale Burger</u> (Serve with salad) *good source of protein and calcium *beetroot can enhance performance</p> | <p><u>Energy Tonic</u></p> |
| WEDNESDAY | <p><u>Avocado on Toast</u> *good source of fat *good for stamina</p> | <p><u>Chickpea Salad</u> *good source of protein</p> | <p><u>Speedy Sweet Potato Quesadillas with Hummus</u> *good source of carbohydrate and fat</p> | <p><u>Caffe Mocha Pistachio Truffles</u> *good source of protein and fat</p> |
| THURSDAY | <p><u>Sweet Porridge with Nuts, Seeds and Dried Fruit</u> *good source of calcium, iron and protein *seeds can help prevent injury</p> | <p><u>A Great Big Lunchtime Salad Bowl</u> *good source of protein and carbohydrate</p> | <p><u>Chilli Tomato and Basil Baked Beans on Toast</u> *good source of protein and carbohydrate *chilli is an anti-inflammatory</p> | <p><u>Chilli Chocolate Orange Brownie</u> *good source of fat and protein *chilli can increase metabolism</p> |
| FRIDAY | <p><u>Chia Pudding</u> *good source of calcium and protein</p> | <p><u>Sweet Potato Bread</u> *good source of carbohydrate</p> | <p><u>Friday Night Pizza</u> *good source of fat, protein and carbohydrate</p> | <p><u>Energy Tonic</u></p> |
| SATURDAY | <p><u>Purple Fruit Boost Smoothie</u> *good source of calcium and protein</p> | <p><u>Tofu Scramble</u> *good source of protein *good for stamina</p> | <p><u>Lentil Lasagne</u> *good source of protein and carbohydrate</p> | <p><u>Hot Citrus Pudding</u> *good source of fat and carbohydrate</p> |
| SUNDAY | <p><u>Breakfast Peanut Slices</u> *good source of fat, protein and carbohydrate</p> | <p><u>Mushroom Parcels</u> *good source of carbohydrate and fat</p> | <p><u>Healthy Protein Casserole</u> (Serve with steamed vegetables) *good source of protein and carbohydrate</p> | <p><u>Green Juice</u> *full of electrolytes <u>Nutrition Bar</u> *good source of protein and fat</p> |

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