

POST-MATCH DINNER

- The meal consumed several hours after the match is when the recovery process continues so it is important to refuel correctly using the guidelines below. Soup can help restore electrolytes and help to rehydrate so having this as a starter can be ideal.
- Have 2 fist size servings of protein
- Have 3 fist size servings of carbohydrate
- Have 3 fist size servings and salad and vegetables
- Have a healthy dessert (i.e. Rice pudding, apple crumble)

Salad Option

- Sliced red onions, sliced mixed peppers, grated carrot, sliced cucumbers, cherry tomatoes, sliced avocado's, mixed olives, sundried tomatoes in olive oil, artichokes hearts in olive oil, baby beetroots, boiled eggs, sliced gherkins, peeled prawns, freshly grated parmesan, cottage cheese, rocket, watercress, baby spinach.
- Sliced tomato and mozzarella towers with fresh basil leaf on top
- Tray of smoked salmon with lemon garnish

Carbohydrate Option

- Basmati rice
- Baked sweet potato (or mash for variation)
- Boiled new potatoes
- Tomato sauce, bolognaise sauce, mushroom sauce, pesto sauce (these should be kept on carbohydrate bar every day) – natural products
- Steamed Quinoa with chopped nuts and salt and pepper

Protein Option

- Grilled sea bass fillets in Cajun spice with lemon wedge garnish
- Grilled Salmon steaks
- Grilled chicken breast
- Lean fillet steak steaks with tomatoes & Portobello mushroom
- Fresh grated parmesan

Vegetable Option

- Steamed broccoli
- Baby carrots
- Fine green beans
- Fresh garden peas
- Mixed green leaf salad
- Cooked Beetroot
- Cherry Tomatoes
- Sliced cucumber
- Grated red cabbage

Dessert Option

- Fresh fruit salad, chopped strawberries, raspberries, blackberries, blueberries, diced pineapple, diced melon
- Baked apple rings with cinnamon and nutmeg
- Rice cakes (see cookbook)
- Selection of healthy desserts from cookbook

BEFORE BEDTIME

- It is important to consume 20-25 g of protein before you go to bed as this can help accelerate recovery between training sessions and reduce muscle damage and muscle soreness.
- These guidelines are not specific to match days only and should be followed on the days that you have trained
- Use the foods in the table to help you pick some suitable options:

Type of Food	Amount of Protein (PRO) and Carbohydrate (CHO)	
Protein Bar	PRO: 20 g	CHO: 21 g
Slow Release Protein Drink (i.e. Casein based rather than whey).	PRO: 20 g	CHO: 0 g
250 g Pot of Greek Yogurt	PRO: 20 g	CHO: 10 g
500 ml Milkshake	PRO: 20 g	CHO: 20 g
200 g cottage cheese on a cracker	PRO: 20 g	CHO: 10 g

TAKE HOME MESSAGE:

Your muscles need a protein hit before you go to bed so that you recover whilst you are asleep

IMMEDIATE RECOVERY PHASE AFTER THE MATCH

- Immediately after the match it is crucial that a recovery meal or food that contains approximately 60 g of carbohydrate and 20-25 g of protein is consumed within 10-15 min of finishing.
- This can be achieved by drinking a 500 ml bottle recovery drink (follow the instructions on the packet i.e. 1 sachet in 500 mL of cold water) or a recovery bar although a drink is preferable to the bar as it also helps to start the rehydration process.
- Make sure the water is cold to increase the palatability and flavour.
- Consume the recovery food/drink ASAP! A snack can be consumed if hungry such as a banana or cereal or energy bar as well.

Examples of sound recovery drinks are provided below:

- Pro Athlete Supplementation RGF-1: 3 Scoops mixed with Water
- Science in Sport REGO RECOVERY: 3 Scoops mixed with water
- 500 ml Yazoo milkshake

TAKE HOME MESSAGE:

Drink a cold 500 ml Recovery Shake ASAP