

WHAT TO EAT MATCH DAY MINUS ONE

- ONE day before a match it is important to load the muscle with energy (i.e. carbohydrate loading) which is like filling up a car with a full tank of fuel.
- Avoid eating large portion sizes or big meals and instead aim to eat 3 meals and lots of snacks in between to increase the glycogen content in the muscle.
- Follow the example below to give you an idea of how much to eat one day before a match.

WHAT TO EAT MATCH DAY MINUS ONE

Meal	Option 1	Option 2
Breakfast	2 Cups Porridge + Lactose free or Almond Milk + Handful Berries + 1 tsp Agave Syrup + 1 small banana + 250 Fresh organic smoothie	2 Cups Organic Gluten free Muesli + Porridge + Lactose free or Almond Milk + 1 chopped banana + 200 mL Fresh organic Fruit Juice + 1 Apple
Lunch	2 slices Rye Bread (gluten & wheat free) + 2 turkey slices + Salad + 250 g yogurt + handful raisins	Large Jacket Potato + 2 cups Beans + grated low fat cheese + 200 g Yogurt + handful Berries
Dinner	2 cups Basmati Rice + grilled Cajun chicken breast + 1 cup broccoli + 1 cup chopped carrots	Large grilled chicken breast + large cup boiled sweet potatoes + steamed vegetables + 1 cup quinoa with chopped nuts
Snack 1	2 slices malt loaf	Handful dried fruit
Snack 2	1 nakd bar	2 rice cakes

These snacks are ideal to eat one day before a game and if you are travelling you can pack these snacks with you for your journey or buy them in shops if available. It's always better to plan ahead and pack your own snacks where possible.

CARBOHYDRATE SNACKS FOR LOADING

Malt Loaf
 Rice Cakes
 Dried Fruit (raisins, apricots, dates, figs)
 Fruit Flakes
 Nakd Bars
 Eat Natural Bars
 Bananas
 Innocent Smoothies
 Pop Corn
 Rye bread toast + Peanut Butter
 Energy bars

BREAKFAST ON MATCH DAY

- Breakfast on match day is crucial as this could be the final opportunity to fuel the muscle and liver stores.
- Most people don't eat enough protein for breakfast so make sure that you have at least 20-25 g protein hit for breakfast.
- Make sure there is a carbohydrate, protein, fruit & nut and drinks station available for breakfast as below. Pick one meal from each option to make up your breakfast.

Protein

- Scrambled eggs, poached eggs
- Fresh 2 egg omelettes with chopped peppers, low fat mild cheese, spring onions, mushrooms, ham
- Protein smoothies
- Smoked salmon platter

Carbohydrate

- Porridge made with organic lactose free milk (include selection of milks – rice/ almond) – also use cinnamon flavouring - add fruit/nuts/ seeds
- Organic natural probiotic yoghurts (lactose free) – add seeds/ honey
- Selection of gluten free and wheat free breads for toasting, multigrain, wholemeal, rye all thick cut

Fruit & Nut

- Organic Strawberries, blackberries, raspberries, blueberries, diced melon, diced pineapple, sliced mango.
- Fresh fruit salad, grapefruit segments, orange segments, pineapple chunks
- Organic dried apricots, mixed nuts/seeds (linwoods), dried mango, dried cranberries
- Strawberry, raspberry, blackcurrant jams, manuka honey, homemade marmalade
- Individual yoghurt & granola pots

Drinks

- Green Tea's, Coffee, Espresso, Fruit teas, peppermint tea
- Electrolyte Tablets and water & Isotonic Sports drinks
- Fresh organic apple juice, Fresh orange juice, Cranberry juice

BREAKFAST EXAMPLES

Example 1

4 Handfuls of Organic Porridge Oats made with 250 mL lactose free or almond milk + 1 chopped banana + handful of mixed fresh berries + 1 tbsp honey + handful mixed chopped nuts
300 mL Protein Smoothie
250 mL fresh fruit juice

Example 2

2 slices organic gluten free what free Rye Bread toast spread with Nutella
3 organic free range egg omelette made with spinach and mushrooms and low fat cheese
250 mL Organic fresh fruit juice + bowl fruit salad

Example 3

4 handfuls of organic Muesli + 250 mL made with 250 mL lactose free or almond milk + 1 banana + handful fresh berries
2 Poached Eggs + 500 mL Isotonic Sports drink or electrolyte tablet
250 mL fresh fruit juice

TAKE HOME MESSAGE:

Get 20-25 g of good quality protein for breakfast to help repair the muscle!

NUTRITION & TRAVEL

- Eating during travel can be challenging so the most important thing is to be prepared and make sure you bring food, drink, supplements with you rather than relying on food provided at airports and planes.

Strategy	Rationale
Anti-bacterial hand gel	Use the gel often after shaking hands, opening doors and using the toilet. It's important to use this regularly throughout travel especially when touching surfaces that other people have come into contact
Probiotics	Drinking a probiotic drink daily such as Yakult will also help the immune function as studies have shown that drinking 2 Yakult pots per day can reduce the incidence of colds
Snacks	Make sure you have a healthy supply of snacks below in your travel bag: Mixed Nuts Dried fruit Protein bars Energy Bars
Sleep	Sleep is really important during travel as sleep deprivation will impair immune function. Try and catch up on your sleep as much as you can when disrupted.