

BITE SIZE NUTRITION

NAME:



PERIODISED NUTRITION = Fuel for the Work Required!

Type of session	Focus pre-session	Focus post-session
Technical	Good quality protein & complex carbs	Good quality protein, complex carbs & fruit/veg
Weights	Good quality protein & fruit/veg	Good quality protein, complex carbs & fruit/veg
Match play	Complex carbs, protein & limited fat/fibre <i>Simple carbs pre-/during match to boost energy</i>	Complex carbs, protein & fruit/veg
Off-feet aerobic	Complex carbs, protein & limited fat/fibre	Complex carbs, good quality protein & fruit/veg

More training = more carbohydrate fuel

DAILY PROTEIN REQUIREMENTS

Your daily protein requirements do not differ greatly: aim for 1.8 grams per kilogram of your body mass per day. Calculated like this:

Body Mass
(kg)

X 1.8 =

Total Protein
(g)

/ 20 =

Protein Portions

PROTEIN PORTIONS

1 PROTEIN PORTION = 20 g



1 palm size

6 tbsp



100 g beef mince



3 medium eggs



Pint of milk



1 small breast



1 Tin of tuna



200 g



Pot of Edamame



200 g pot



1 scoop

TRAINING DAY EXAMPLE

BREAKFAST



2 Weetabix - Handful of Berries
Granary Bread & Poached Egg
(1 protein portion)

LUNCH



Chicken quinoa salad.
Carrot sticks and houmous
Rice cakes with peanut butter
(2 protein portions)

DINNER



Salmon fillet stirfry with vegetables & rice
(1 ½ protein portions)

POST TRAINING



Recovery post training (1 protein portion)

POST TRAINING



Recovery snack with Banana
(1 protein portion)

SNACKS



(½ protein portion)

7
Protein portions

NON TRAINING DAY EXAMPLE

BREAKFAST



Omelette with ½ avocado
(2 protein portion)

LUNCH



Grilled mackerel salad with
large cous cous
(1 protein portion)

DINNER



Roast chicken Sunday
lunch with all the
veggies
(1 ½ protein portions)

SNACK



Apple with peanut
butter
(½ protein portion)

SNACK



Greek Yoghurt with
raspberries
(1 protein portion)

6
Protein
portions

FUELLING SNACKS

Pre-/during training snacks have one main purpose: To provide readily available energy for your exercising muscles.

Try some of these during tough or long sessions or if you haven't manage to fuel well prior to the session:

- Cereal bar/flapjack/malt loaf
- Trail mix (choose a selection of dried fruit, seeds, dark choc chips, popcorn, nuts etc)
- Peanut butter & jam crumpet/toast
- Fresh fruit smoothie or juice (dilute with water if during)
- Jelly babies (during only)
- Isotonic sports drink



DAILY SNACKS

If you're hungry during the day choose a combination of a complex carb or fruit/vegetable with a source of protein.

Try some of these:

- Oatcakes with cottage cheese (add pineapple? Chilli?)
- Cream cheese on Ryvita (add tomato? Beetroot?)
- Fresh fruit & yoghurt
- Ham & pineapple
- Apple & peanut butter
- Egg & vegetable muffin
- Hummous & veg sticks/toasted pitta breads
- ½ avocado with cottage cheese



NUT BUTTERS

A popular choice for an easy on the go snack to have on a banana, apple or rice cake. Choose a variety that has less ingredients & also no added sugar.



Whole Earth

Peanut Butter. Crunchy or smooth varieties. No added sugar

Per 100g

Energy	643kcal
Protein	27g
Carbs	7.4g
Fats	54g

Meridian

Cashew Butter. No added palm oil, sugar or salt

Per 100g

Energy	628kcal
Protein	20.6g
Carbs	18.9g
Fats	51.3g

Wyldsson

Crunchy nut & seed butter.

Per 100g

Energy	615kcal
Protein	16.9g
Carbs	18.9g
Fats	55g

Pip & Nut

Almond Butter.

Per 100g

Energy	612kcal
Protein	25g
Carbs	6.5g
Fats	56g

Wyldsson

Chilli & smoked paprika. Savoury nut butter, with a nice bit of heat

Per 100g

Energy	548kcal
Protein	22g
Carbs	20g
Fats	41g

HIGH PROTEIN YOGHURTS

Great choice now of high protein yoghurts which are great as a snack or for post training recovery.



Total 0%

SKYR

Danio

Arla Protein

Liberte

Greek Yoghurt

Icelandic style yoghurt.

Natural Yoghurt

Low Fat Soft Quark

Greek Style Natural Yoghurt

Per 100g

Per 100g

Per 100g

Per 100g

Per 100g

Energy 57kcal

Energy 65Kcal

Energy 54kcal

Energy 70kcal

Energy 9.6g

Protein 10.3g

Protein 11g

Protein 9.8g

Protein 10g

Protein 3.6g

Carbs 4.0g

Carbs 4g

Carbs 3.4g

Carbs 6.5g

Carbs 0.1g

Fats 0g

Fats 0.2g

Fats 0.1g

Fats 0.2g

Fats 9.6g

PRE TRAINING SNACK BARS

These differ from post as have higher carbohydrate intake in preparation for fuelling for training.



Eat Natural

Nakd

Jordans

Nature Valley

Belvita

Brazil & Sultana

Cocoa Orange. Fruit and Nut based

Fruisli Blueberry Burst

Crunch. Oats & Honey

Honey And Nuts Biscuits

Per bar

Per bar

Per bar

Per bar

Per bar

Energy 231kcal

Energy 145kcal

Energy 113kcal

Energy 192kcal

Energy 228kcal

Protein 5.6g

Protein 3.9g

Protein 1.6g

Protein 3.4g

Protein 3.6g

Carbs 21g

Carbs 15.8g

Carbs 21.1g

Carbs 27.1g

Carbs 34.4g

Fats 11.4g

Fats 7.0g

Fats 2.1g

Fats 7.9g

Fats 7.6g

POST TRAINING SNACK BARS

Its always handy to have a few bars in your bag for post training or when your hungry. These bars are higher in protein and have higher nutritional value than most other cereal bars



Eat Natural

Jordans

9BAR

Nature Valley

KIND

PROTEIN PACKED.

Absolute Nut Bars

ORIGINAL. Seed based bars

Protein. Peanut & Chocolate

Chocolate Nuts & Sea Salt

Per bar

Per bar

Per bar

Per bar

Per bar

Energy	215kcal
Protein	10g
Carbs	13.9g
Fats	13.3g

Energy	249kcal
Protein	6.5g
Carbs	13.3g
Fats	18.0g

Energy	221kcal
Protein	3.6g
Carbs	10.7g
Fats	16.0g

Energy	140kcal
Protein	8.5g
Carbs	10.2g
Fats	6.9g

Energy	199kcal
Protein	5.7g
Carbs	16g
Fats	15g

MAKE YOUR OWN - PROTEIN BALLS

Ingredients

60 g chocolate whey (batch tested)

200 g cashew nuts

2 tbsp chia seeds (optional)

60 g brazil nuts

3 tbsp natural dark cocoa powder

150 g dates

2 tbsp natural almond butter

2 tbsp honey

3-5 tbsp water



Method

Mix the protein powder, cocoa powder, cashew nuts, chia seeds and brazil nuts in a food processor, and blend well.

Add the dates, almond butter and honey to the mixture and blend again.

Whilst blending, add the water 1 tbsp at a time, to help the mixture stick. You should find that the mixture no longer moves in the food processor.

Test the mixture after 3 tbsp water. It should easily stick in a ball, but shouldn't be too wet. If the mixture is too dry, add the other tbsp water whilst blending and re-test.

Scoop a small portion of mixture and compress in your hands making a small ball.

Keep in a tuperware and store in the fridge for up to a week.

BREAKFAST CEREALS

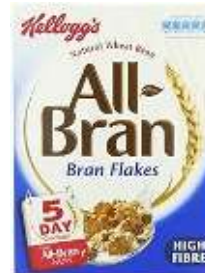
For quick and easy breakfasts, cereals are the typical. However most cereals are loaded with sugar and aren't beneficial to training. Look to add some high protein yoghurts to up the recommended 20g protein



Porridge



Weetabix



All-Bran



Dorset Cereals



Shredded Wheat

Per serving

Energy	150kcal
Protein	4.4g
Carbs	24g
Fats	3.2g

Serving size – 40g

Per serving

Energy	136kcal
Protein	4.5g
Carbs	26g
Fats	0.8g

Serving size – 2 biscuits

Per serving

Energy	107kcal
Protein	3.3g
Carbs	20g
Fats	0.6g

Serving size – 30g

Per serving

Energy	160kcal
Protein	4.4g
Carbs	26g
Fats	3.3

Serving size – 45g

Per serving

Energy	163kcal
Protein	5.4g
Carbs	31g
Fats	0.9g

Serving size – 2 biscuits

FRUIT

Fruit is a great source of key vitamins and minerals, antioxidants and fibre. Have a variety of fruit daily rather than just sticking to one – aim for 2-3 portions a day.



Raspberries

Source of Vitamin C, and great anti-inflammatory properties

Per Serving

Energy	25kcal
Protein	1.1g
Carbs	3.7g
Fats	0.2g

Serving size – 80g



Blueberries

One of the highest antioxidant capacities, source of fibre

Per Serving

Energy	68kcal
Protein	0.7g
Carbs	14.5g
Fats	0.3g

Serving size – 100g



Strawberries

Provides 96% of vitamin C per serving

Per Serving

Energy	30kcal
Protein	0.8g
Carbs	6g
Fats	0.1g

Serving size – 100g



Apples

Great sources of fibre and vitamin C

Per Serving

Energy	71kcal
Protein	0.5g
Carbs	15.7g
Fats	0.1g

Serving size – 1 apple



Watermelon

Great for hydrating as watermelon are 92% water

Per Serving

Energy	33kcal
Protein	0.3g
Carbs	7.1g
Fats	0.5g

Serving size – 100g

VEGETABLES

Vegetables should make up a significant proportion of your daily intake. Have a variety of vegetables daily, sticking to the darker vegetables for higher nutritional value – aim for 4-5 portions a day.



Spinach

Spinach is full of phytochemicals that have anti-inflammatory properties, high in Iron

Per Serving

Energy	24kcal
Protein	2.2g
Carbs	1.2g
Fats	0.6g

Serving size – 80g

Peppers

Bell peppers have a huge amount of vitamin C, and are also great sources of vitamin B-6, vitamin A, folate, and fiber

Per Serving

Energy	38kcal
Protein	1.3g
Carbs	6.2g
Fats	0.4g

Serving size – 1 pepper

Broccoli

Broccoli is full of anti-inflammatory & antioxidant benefits. High in Vitamin C & K

Per Serving

Energy	38kcal
Protein	4.4g
Carbs	1.8g
Fats	0.9g

Serving size – 100g

Kale

It's rich in vitamins A, C & K. Kale is also a great source of fiber, calcium, potassium.

Per Serving

Energy	40kcal
Protein	3.4g
Carbs	1.4g
Fats	1.6g

Serving size – 100g

Avocado

A great source of fibre, vitamin C and potassium

Per Serving

Energy	178kcal
Protein	1.7g
Carbs	1.7g
Fats	17.6g

Serving size – ½ (90g)

HYDRATION

Dehydration can negatively influence speed, power & decision making. To improve performance:

- Thirst is not the best indicator of hydration so sip little & often throughout the day.
- Drink ~500 ml fluid with every meal
- Arrive at training hydrated
- Avoid drinking *just* plain water after a session. Add electrolytes (salts) to your drink or recovery meal to help rehydrate faster (milk is a great option)

MONITOR YOUR HYDRATION!

