

PERFORMANCE
NUTRITION
FOR
REFEREES



PROFESSIONAL GAME
MATCH OFFICIALS

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IMPORTANCE OF PERFORMANCE NUTRITION

As the game of football has evolved and the role of sport science has increased, the professional game is now faster, more intense and the fixture list is much longer than before. With these increased demands, the expectations for match official's' fitness levels have also been amplified.

We now know that diet and nutrition plays a significant role in performance both from a physical as well as a mental perspective. The food we eat provides us with the fuel to cope with the demands of training and matches but the science has evolved and we now know that what you eat, when you eat it and how much you eat can have huge implications on adaptations to training and recovery.

The purpose of this nutrition guide is to translate the latest science into applied practice. We have provided all the performance nutrition guidelines followed by the top professional footballers and have made them applicable to match officials. The book covers topics such as which supplements to take to enhance performance, how to lose body fat and how to eat in order to prepare for a match. We cover issues such as travel nutrition and how to fuel at half time to maximise performance on the pitch.

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

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

HALF-TIME STRATEGIES

- The recommended fuelling strategy is approx. 60 g of carbohydrate at half time and it can be ingested in the form of a bar, a gel, a drink and food (i.e. banana).
- This is probably more than what you currently consume but research shows that 60 g per hour of high intensity exercise enhances performance
- You can choose how to achieve 60 g and use the table below to help guide you.
- Example: 500 mL isotonic drink (40 g) + 1 medium banana (25 g) = 65 g
- Example: 1 Energy gel (22 g) + 1 large energy bar (42 g) = 64 g

Type of carbohydrate	Amount of carbohydrate
500 ml Bottle of isotonic drink will contain approximately (i.e. Lucozade sport)	40 g
1 Energy Gel (i.e. SIS Go)	22 g
1 Medium Banana	25 g
1 Large Energy Bar	42 g
1 Small Energy Bar	26 g
1 Rice Cake	30 g

- Avoid drinking large volumes of fluid at half time as this will sit in your stomach at the start of the second half. Around 250-300 mL of water or an isotonic sports drink such as Lucozade Sport is ideal.

TAKE HOME MESSAGE:

Aim for 60 g of carbohydrate at half time

HYDRATION MONITORING

- The best way to monitor hydration status is to either look at the colour of your urine or measure it using a portable osmometer such as the one below:

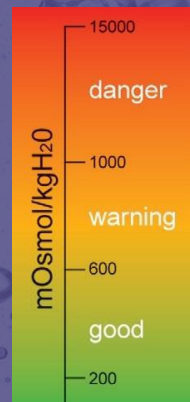


- Use the urine chart and osmometer chart below to help you stay hydrated
- For urine colour stay in zone 1-3
- For urine osmolality stay under 600
- If you are mildly or dehydrated then use 1-2 electrolyte tablets dissolved in 500 mL of water
- We all have individual sweat rates. Some people sweat more than others and some people lose more salt in their sweat than others. To work out your sweat rate use this guide: <http://data.gssiweb.com/fluidLoss>

URINE COLOUR CHART

Safe Zone HYDRATED	1	
	2	
	3	
Danger Zone DEHYDRATED	4	
	5	
	6	
	7	
	8	

OSMOMETER CHART



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!

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

QUALITY INGREDIENTS

- Good quality ingredients usually make our food taste nicer so try and buy your meat from butchers and pick fresh fruit and vegetables where possible.
- There is no evidence to suggest that organic food is healthier or more nutritious than standard food.
- Frozen food and especially frozen fruit and vegetables contain more nutrients as they tend to be frozen as soon as they are picked.
- Make sure you have a rice cooker as this can be used to cook rice, quinoa, lentils, beans etc.

Good Carbohydrate Sources

Basmati Rice
 Risotto Rice
 Cous Cous
 Good quality Rye Bread
 Muesli
 Oats/Porridge
 Gnocchi
 Tapioca
 Sweet potatoes
 Yam

Good Protein Sources

Fillet steak
 Lean sirloin steak
 Corn fed chicken breast
 Salmon steak
 Tuna Steak
 Sea Bass
 Turkey breast
 Lean mince beef
 Organic Quinoa
 Greek Yogurt
 Milk
 Free Range Eggs
 Lean Pork Chops
 Lentils
 Beans
 Peanut butter and other nut butters such as Cashew, Almond, Hazelnut

Fruits and Vegetables

Make sure fruits and vegetables are fresh where possible

Fresh mixed berries (i.e. blueberries, blackberries, raspberries) are excellent to have with breakfast and yogurts so make sure there is a fresh supply every day.

SNACKS

Finding healthy snacks can be tricky and difficult to find. The key to healthy snacks is to pack them with you to work or during travel. Having some of these snacks already prepared can also help with cravings.

1 Slices Ryvita + Peanut Butter
+ sliced Banana



2 Boiled Eggs with salt +
pepper and Tabasco
(or other sauce)



1 Nakd Bar
Available in Health food
section of supermarkets



Small bag of popcorn



200 g GREEK Yogurt
(Greek yogurt is higher in
protein) + handful mixed
nuts



3-4 slices cooked lean turkey/chicken



2 Ryvita crackers + Cream cheese + add smoked salmon



Hummus + cucumber/carrot/Celery sticks



Lettuce Wraps – Add slices cucumber, lean turkey slices, red pepper, slices cherry tomatoes and wrap!



Lettuce + Cucumber + cream
cheese + turkey slices Tortilla
Wraps



Greek Yogurt + Mixed nuts and
seeds with berries Sundae



Apple Slices with peanut butter



Large Handful on mixed berries
with agave nectar



FATS AND COOKING WITH OILS

- Avoid using sunflower oil and vegetable oil when cooking as these oils are high in Omega-6 which increases inflammation and delays recovery. Instead use the guide below.
- Avoid frying with olive oil as it doesn't remain stable at high temperatures.
- Fats are important for health so avoid following very low fat diets

Oils for Cooking and Frying

Rapeseed oil
Organic Coconut Oil
Groundnut Oil
Rice Bran Oil

Oils for dressing vegetables and salad

Extra virgin olive oil
Walnut oil
Avocado oil

- **Try and incorporate 2-3 healthy servings of fat per day. This can be easily achieved by:**
 - Adding 1 teaspoon of oil to salads
 - Adding an avocado to your meals
 - Snacking on a handful of nuts and seeds
 - Eating some oily fish such as salmon and mackerel

TAKE HOME MESSAGE:

Do NOT use sunflower and vegetable oil
Aim for 2-3 portions of healthy fats per day

SUPPLEMENTS

- The supplement market is saturated and there are so many to choose from!
- The majority of supplements are not effective but there are a few that can be particular useful which are summarise below.

SUPPLEMENT	WHAT IS IT	HOW TO USE IT & WHEN
Caffeine	Caffeine is a stimulant and can improve performance by 2-3%. Caffeine can reduce perception of pain and fatigue and increase distance covered. Note that it takes 30-40 min for caffeine to increase in the blood before it is effective unless you take caffeine gum.	BEFORE AND DURING Take 2-3 tablets of pro plus 30 min before kick-off. 150-200 mg is the dose that is effective. Chew caffeine gum (100 mg) at half time for 5 minutes
Energy gels	Carbohydrate gels can be useful as the carbohydrate provides energy and can help improve performance	BEFORE KICK OFF OR HALF TIME Take a gel just before kick-off and one can also be taken at half time.
Electrolyte Tablets and Powder	These tablets are low in carbohydrate but contain the electrolytes sodium, potassium and chloride which are lost in sweat. Electrolytes are lost in sweat and in hot and humid conditions these electrolytes should be consumed daily	DURING AND FOR REHYDRATION Dissolve one tablet in 500 mL Water and this can be consumed with the pre-match meal to hydrate before the match.
Recovery Drinks	Recovery drinks are a blend of carbohydrate and protein and these are an immediate source of recovery.	AFTER ONLY 1 sachet (or usually 2-3 scoops) with 500 mL Water. Should be cold to enhance taste and should be consumed
Isotonic Carbohydrate drinks	Isotonic drinks are usually 7-8% concentration as these are quickly absorbed. These drinks also contain electrolytes or electrolyte tablets can also be dissolved in these drinks. They provide energy to the muscle immediately	These drinks can be consumed an hour before kick-off and at half time. You shouldn't need these drinks for training
Protein powders	One serving of protein is usually between 20-25 g and as it is difficult to get protein from food all the time these can be convenient to increase protein content of the diet.	You can add a scoop or two in a smoothie (see recipes) or add to milk or water as a recovery drink
Vitamin D	Research shows that most athletes have insufficient levels of vitamin D, and these drop even lower in the winter months. It is advisable that from September to April you take a Vitamin D supplement. Vitamin D plays are role in recovery, power production, health and immunity.	Take 4000 IU per day during the winter months i.e. September to April
Multivitamins	Multivitamins contain around 100% of all the vitamins and minerals the body needs in one tablet.	If you eat a healthy diet that you do not need to take a multivitamin tablet. A multivitamin might be useful during periods of extensive travel or intense training but you should not need to take one every day if you eat a balanced diet.

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.

PROTEIN SMOOTHIES

These protein smoothies can be used as a recovery drink after training/match, a snack or a pre-bedtime drink. If you are in a rush in the morning and don't get time to eat breakfast then these smoothies are an ideal meal replacement.

INSTRUCTIONS: Combine ingredients in a blender and mix for 30-60 seconds.

BREAKFAST SMOOTHIE

- 1 small ripe banana
- handful of blackberries, blueberries, raspberries or strawberries (or use a mix)
- 2 tbsp Greek yogurt
- 100 ml Almond Milk
- 1 Scoop of Whey Protein (Vanilla/Strawberry)
- 1 tbsp Agave Syrup



BANANA, HONEY & HAZLENUT SMOOTHIE

- 1 peeled, sliced banana
- 250 ml soya milk
- 2 tbsp Greek yogurt
- 1 Scoop of Whey Protein (Vanilla or Chocolate)
- 1 tsp honey
- a little grated nutmeg
- 2 tsp chopped hazelnuts



BANANA COCOA SMOOTHIE

- 200 ml almond milk
- 1 tsp instant coffee
- 2 tbsp plain Greek yogurt
- 1 tablespoon almond butter
- 2 teaspoons cocoa/chocolate powder
- ¼ teaspoon cinnamon
- 1 peeled banana
- 1 Scoop of Whey Protein (Vanilla/Chocolate)



I LOVE STRAWBERRIES MILKSHAKE SMOOTHIE

- 200 ml milk
- 2 tbsp Strawberry Nesquik
- 2 tbsp Greek natural yogurt
- 1/2 teaspoon vanilla extract
- 1 Scoop of Whey Protein (Vanilla/Strawberry)
- Large Handful of Fresh strawberries



EATING OUT GUIDELINES

Food	Recommended Guidelines For Eating Out	
	Recommend	Avoid
Sandwiches and Rolls	<p>Fillings: Lean meat, salmon, tuna, chicken, turkey, salad, vegetables</p> <p>Whole grain bread</p>	<p>Large amounts of margarine & butter</p> <p>Fillings: Fatty meats, hard cheese, cream cheeses, processed foods</p>
Chicken	<p>Remove skin and any stuffing</p> <p>Breast is preferable cut</p>	<p>Deep fried, battered, crumbed etc. such as nuggets</p>
Burgers	<p>Grilled burgers are best, accompanied by lots of salad</p>	<p>Burgers that are fried</p> <p>Cheese, bacon, deep fried fillings</p>
Potatoes, Chips, Fries	<p>Smallest serve with largest size (steakhouse chips, wedges tend to have a lower fat content)</p> <p>Oven cooked</p> <p>Baked potato (watch the sour cream & cheese) with baked beans, coleslaw, tuna, salad</p>	<p>Thin chips or fries</p> <p>Deep fried products</p>
Pizza	<p>Vegetarian, lean meat or seafood topping, minimal cheese</p>	<p>Fatty toppings such as salami, bacon, cheese</p> <p>Garlic Bread</p>
Pastries, Pies	<p>Pies & Pastries with less than 10% fat</p>	<p>Sausage rolls, deep fried foods</p>
Seafood	<p>Grilled fish, steamed shellfish and seafood</p>	<p>Battered fish</p> <p>Cream and fatty sauces</p>

Food	Recommended Guidelines For Eating Out	
	Recommend	Avoid
Italian	Pasta with tomato, seafood, pesto sauce Low oil foods, minestrone soup, low fat toppings	Lasagna, cannelloni, cream, butter and cheese sauces, fatty toppings
Mexican	Tacos, burrito or enchilada with salad; fish, lean meat, chicken, gazpacho, salsa	Dishes with cheese, sour cream or refried beans; nachos; corn chips
Salad bars	All salads, vinaigrette dressing, fruit salad, whole grain bread, baked potato	High-fat salad dressings, mayonnaise, cream, sour cream
Drinks	Water, small measures of fruit juice	Soft drinks, alcohol, large amounts of fruit juice
Desserts	Low-fat frozen yogurt, fruit salad, pre packed individual yogurt portions	Sweet pastries, cakes, ice cream

NUTRITION FOR WEIGHT LOSS

General Principle

- 1 portion = The size of your clenched fist
- The key to keeping your weight down during injury is to reduce carbohydrates (i.e. pasta/bread/potatoes/rice/cous cous/cereal) as these foods provide fuel and you need less of them during injury
- Have low carbohydrate protein snack when you get hungry (see examples)
- Drink Sparkling water with meals and in between meals (or when hungry) as this fills you up. Use sparkling water and cordial as a healthy fizzy drink
- Eat 2 g per kg of protein per day e.g. If you weigh 70 kg you need 140 g of protein per day

BREAKFAST OPTIONS

3 Poached Eggs

1 cup of baked beans

1 piece fruit

1 Yogurt (soy if lactose intolerant)

3 egg + ham + spinach omelette

1 banana

1 Yogurt (soy if lactose intolerant)

High Protein Smoothie (See Recipes)

3 scrambled eggs + 2 grilled bacon rashers + 1 cup baked beans + 1 Yogurt (soy if lactose intolerant) + 1 piece of fruit

LUNCH OPTIONS

Small bowl soup

1 ½ Fish Portion Baked

2-3 Portions Vegetables/Salad

1 handful rice

1 piece fruit

1 Yogurt (soy if lactose intolerant)

Small bowl soup

1 ½ Chicken Portion

2-3 Portions Vegetables/Salad

1 handful pasta

1 piece fruit

1 Yogurt (soy if lactose intolerant)

Small bowl soup

1 ½ Meat Portion (i.e. Steak)

2-3 Portions Vegetables/Salad

1 handful potatoes

1 piece fruit

1 Yogurt (soy if lactose intolerant)

DINNER OPTIONS

1 ½ Grilled Fish Portion Baked
 2-3 Portions Vegetables/Salad
 drizzle olive oil on veg/salad
 1 piece fruit
 1 pot sugar free jelly

1 ½ Cajun Chicken Portion
 2-3 Portions Vegetables/Salad
 drizzle olive oil on veg/salad
 1 piece fruit
 1 Yogurt (soy if lactose intolerant)

1 ½ Rump Steak
 2-3 Portions Vegetables/Salad
 drizzle olive oil on veg/salad
 1 piece fruit
 1 Yogurt (soy if lactose intolerant)

HEALTHY SNACKS

3 slices of lean turkey/ham/beef

2 tbsp cream cheese + smoked salmon + 1 Rye Ryvita Crackers

1 Bounce Ball or 1 Protein Bar

1 Handful Nuts (Almonds, Pistachios, Cashews, Hazelnuts, Walnuts)

High Protein Smoothie (see recipes)

Pot of Sugar-free Jelly

200 g Total 0% Greek Yogurt

200 g (have a soy yogurt if lactose intolerant)

½ pint low fat Milkshake (lactose free milk if lactose intolerant) + 1 piece of fruit

2 Boiled Eggs + season with pepper

1 Dark Rye Ryvita Cracker + 1 tbsp Low fat Philadelphia Cheese or nut butter (i.e. peanut/almond butter)

1 Handful mixed seeds/pumpkin seeds

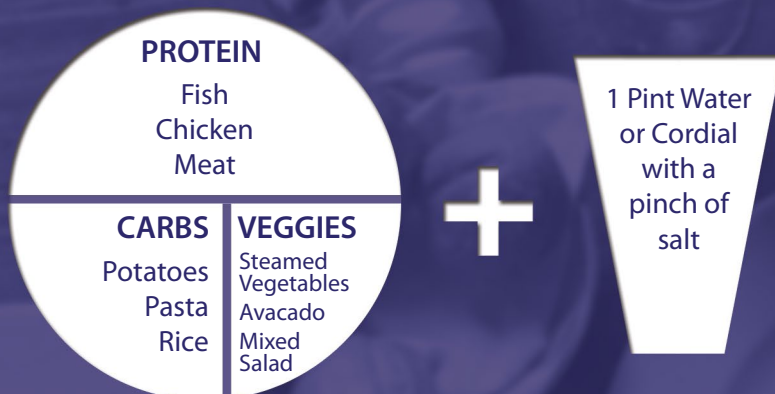
2 slices smoked salmon + 1 Dark Rye Ryvita Cracker

Nakd Bar (available in Holland and Barrett and most supermarkets)

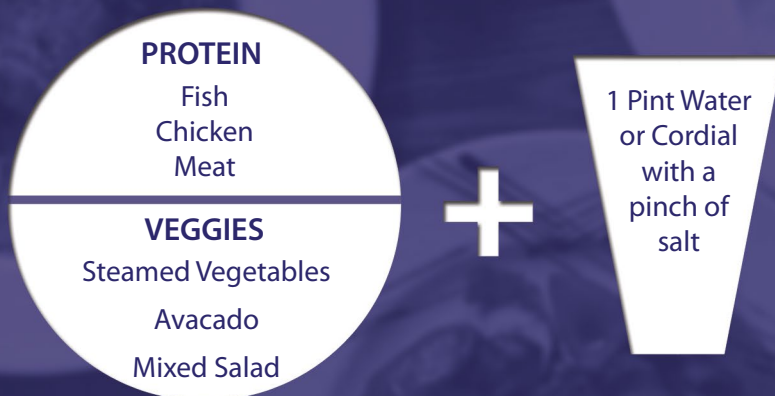
Lettuce Leaf Wrap - 2 slices of deli meat (turkey, chicken, or roast beef work great!) with 1 slice of low fat cheese and a shake of pepper wrapped with a large lettuce leaf

Handful of cherry tomatoes + 1 tbs hummus

Your plate at LUNCH should look like this:



Your plate at DINNER should look like this:



PERIODISED NUTRITION

- You don't train the same every day so what you eat needs to match the training stimulus.
- For recovery days and easy training days you need to reduce your calories and carbohydrate portions.
- For days that you train hard you need to make sure you increase your carbohydrates and refuel the muscle.

Meal	LOW	MID	HIGH/HARD
Breakfast	4 egg Spanish Omelettes	2 Poached Eggs + 2 handfuls of Porridge + handful of mixed berries	1 Protein Smoothie (see recipe) + 2 handfuls of porridge + raisins and 1 tsp honey
Mid-Morning Snack	200 g Muller Light Yogurt	1 piece of Fruit + handful of mixed nuts	Nakd Bar + Handful dried fruit + nuts
Lunch	Large Salad box with lettuce, cucumber, cherry tomatoes, rocket, olives, avocado + 1 chicken breast or 1 tin Tuna with low fat Mayo	Chicken Salad Wrap + 1 Cup A Soup + 1 piece of fruit	Medium to Large meat and salad sandwich + 1 packet snack-a-jacks + 1 piece of fruit
Mid Afternoon Snack	Handful Cashews or Almonds	Apple Rings with peanut/ almond/cashew butter	1 slice Malt Loaf with 2 tbsp peanut/almond/ cashew butter
Dinner	Lean Grilled Steak (sirloin or rump) + handful steamed green beans + handful steamed broccoli + handful steamed baby corn	Grilled Salmon + handful steamed mangetout + handful steamed Kale/ Spinach + 2 fist size portion of Basmati Rice or Wholemeal Pasta seasoned with herbs	4 Handfuls of chicken and Mushroom Risotto or 4 Handfuls lean beef chilli + Basmati Rice
Supper	200 g Greek Yogurt + handful Berries	200 g Greek Yogurt with 1 tbsp Agave Syrup or Honey and 1 piece of fruit	200 g Greek Yogurt + Handful Muesli + 1 piece of fruit

- Always have a recovery drink after medium to hard sessions ASAP
- For easy/recovery sessions a recovery drink is not needed just have food as soon as you finish the session or a glass of milk is enough as the extra kcal are not needed

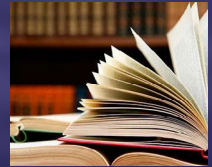
SLEEP TIPS

Good quality sleep is crucial for recovery. When you sleep your body isn't only resting but it is also helping to repair and rebuild your muscles. Getting a good night's sleep also helps you to perform and make better choices the next day. 8-9 hours a night are what's recommended but we are all different. Listen to your body if you are tired and sleepy. The tips outlined here are to help you get a good night's sleep.

1. Open a window and turn the heating off in the bedroom. The ideal temperature is around 16-18oC



2. Wind down. Your body needs time to shift into sleep mode, so spend the last half an hour before bed doing a calming activity such as reading.



3. Jot your worries down. Ideas and thoughts can keep you up so just write them down as this can relax the brain and help you switch off



4. Take 30 ml of Cherry Active 30-40 min before bed as this can increase melatonin which can promote sleep



5. Avoid eating 2 hours before bedtime and if you do - keep the meal or snack small



6. Avoid caffeine after 5pm – or altogether if you still struggle to sleep



7. Have a hot bath before bedtime. Research shows that a bath will initially increase core temperature but then when you get out of the bath it will quickly lower body temperature and this can help you fall asleep.



8. Avoid watching TV, using your phone or iPad at least ~45 minutes before going to bed. These give out blue light which will stimulate your brain and keep you awake.



9. Traditional drinks such as hot milk and chamomile tea can act as placebos and help promote sleep



10. Visualize yourself asleep. Imagine yourself drifting off while practicing deep breathing and progressive muscle relaxation. Starting at one end of the body and working up or down, clench and then release each section of muscles for instant relaxation.



11. The smell of Lavender has been shown to help you sleep



12. Eat a small 150 kcal carbohydrate snack such as a slice of toast with honey or a cereal bar. A small amount of carbohydrate before bed has been shown to help you fall asleep. Avoid chocolate though as this can contain some caffeine.



RECIPES

LOW CARB/HIGH PROTEIN RECIPES

These recipes are ideal for rest days, easy/recovery training days or if you are trying to lose weight.

BREAKFAST

PANCAKES

- 2 eggs
- 1 banana
- Protein powder (optional)

1. Mash the banana
2. Add the 2 eggs (and protein powder) and beat until smooth
3. Pour into a frying pan and flip until done



OMELETTE

- 4 eggs
- cheese (optional)
- vegetables (optional)

1. Beat all 4 eggs together
2. Add preferred cheese or vegetables
3. Pour into a frying pan until cooked



PROTEIN SMOOTHIE

- 1 banana
- 1 scoop whey protein
- 150g yogurt
- 150ml milk

1. Blend all ingredients



MEALS

SWEET POTATO COTTAGE PIE

- 1 tablespoon olive oil
- 1 medium brown onion
- 1 medium carrot
- 500g lean beef mince or Quorn
- 2 teaspoons Worcestershire sauce
- 2 tablespoons tomato paste
- 400g can crushed tomatoes
- 1 teaspoon dried mixed herbs
- 2/3 cup frozen peas
- 600g orange sweet potato
- 1/4 cup milk
- 20g butter
- 1/3 cup grated cheddar cheese (optional)



1. Heat oil in large saucepan over medium heat. Add onion, carrot and celery. Cook, stirring, for 3 to 4 minutes or until onion has softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned.

2. Add Worcestershire sauce, tomato paste, tomato and herbs. Bring to the boil. Reduce heat to low. Simmer for 20 to 25 minutes or until thickened. Stir in peas. Preheat oven to 180°C/160°C fan-forced.

3. Meanwhile, cook potato in a saucepan of boiling water for 8 minutes or until just tender. Drain. Return to pan. Add milk and butter. Mash until smooth. Spoon beef mixture into a 5cm-deep, 6 cup-capacity ovenproof dish. Top with potato mixture. Sprinkle with cheese. Bake for 30 to 35 minutes or until golden. Serve for 4.

TORTILLA PIZZA

- Tortilla wrap
- Tomato puree
- Cheese of choice
- Toppings e.g. chicken, ham, peppers, mushrooms



1. Preheat the oven to 200c/400F/Gas 6/Fan 180.
2. Put the tortilla wrap on a baking sheet and spread over the tomato sauce. Sprinkle over the cheese.
3. You can also add any toppings that your child may like (see suggestions below).
4. Bake for 8-9 minutes, until the cheese has melted and the base is crisp. Cut into triangles and allow to cool slightly before serving.

CHICKEN AND QUINOA SALAD

- chicken
- quinoa
- lettuce
- cucumber
- cherry tomatoes
- spring onion
- dressing



1. Grill chicken
2. While the chicken is cooking cut all the salad components and place into a bowl or on to a plate
3. Add the chicken and quinoa
4. Drizzle dressing to taste

SPICY CHICKEN SKEWERS

- 3 garlic clove
- knob of fresh ginger
- 1 orange
- 3 spring onion
- 2 tbsp clear honey
- 1 tbsp light soy sauce
- 2 tbsp vegetable oil
- 4 small skinless boneless chicken breast fillet, cut into cubes
- 20 button mushroom
- 20 cherry tomato
- 2 large red peppers



1. Grind the garlic, ginger, orange zest and spring onions to a paste in a food processor. Add the honey, orange juice, soy sauce and oil, then blend again. Pour the mixture over the cubed chicken and leave to marinate for at least 1 hr, but preferably overnight. Toss in the mushrooms for the last half an hour so they take on some of the flavour, too.

2. Thread the chicken, tomatoes, mushrooms and peppers onto 20 wooden skewers, then cook on a griddle pan for 7-8 mins each side or until the chicken is thoroughly cooked and golden brown. Turn the kebabs frequently and baste with the marinade from time to time until evenly cooked. Arrange on a platter, scatter with chopped spring onion and eat with your fingers.

SALMON, MEDITERRANEAN ROASTED VEG & COUSCOUS

- Salmon
- 1 red pepper
- 1 yellow pepper
- ½ courgette
- 1 red onion
- packet of couscous
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon basil
- 1/2 teaspoon chives
- 4 garlic cloves



1. Preheat oven to 425°F.
2. Slice and combine vegetables and place in roasting dish.
3. Whisk together the olive oil, balsamic vinegar, basil, chives, garlic and salt and pepper.
4. Drizzle sauce over the mixed vegetables and toss to coat.
5. Roast vegetables until tender, about 45 minutes. Stir halfway through the cooking time.
6. Add one 6 to 8-ounce, skin-on salmon fillet, with the skin side down. Cook for 3 minutes over high heat to brown the skin, spooning some of the oil over the top of the fish as it cooks. Transfer the pan to oven. Roast until fish is just cooked through, 8 to 10 minutes.
7. Follow couscous instructions on the packet. Serve once everything is cooked

SNACKS

PROTEIN BALLS

- 1 cup rolled oats
- 1/2 cup natural peanut butter
- 1/3 cup honey
- 1/4 cup chopped dark chocolate
- 2 tablespoons flax seeds
- 2 tablespoons chia seeds
- 1 tablespoon chocolate-flavored protein powder, or to taste



1. Stir oats, peanut butter, honey, chocolate, flax seeds, chia seeds, and protein powder together in a bowl until evenly mixed. Cover bowl with plastic wrap and refrigerate for 30 minutes.

2. Scoop chilled mixture into balls. Keep cold until serving.

HIGH CARB RECIPES

These recipes are ideal for match day minus one, after hard training sessions and if you are looking to gain muscle mass.

BREAKFAST

PORRIDGE

- 50g porridge oats
- Milk (amount depending on texture preference)
- Honey/Agave/Fruit/1 tbsp Nutella to top (optional)



1. Pour milk on top of oats
2. Microwave 1 minute, stir then repeat if necessary
3. Add a topping of choice

TOAST & EGGS

- 3 slices of wholemeal toast
- 4-6 eggs



Scrambled = whisk eggs, pour in to a frying pan with extra virgin coconut oil, mix until cooked

Poached = Fill a small pan just over one third full with cold water and bring it to the boil, add vinegar and turn down to simmer, crack the eggs one at a time into a small bowl and gently tip into the simmering water. Lightly poach for 3-4 minutes. Remove with a slotted spoon and drain on kitchen towels.

Boiled = Put eggs in to a pan of cold water, covering the eggs by an inch. Set the pan over high heat and bring the water to a boil, uncovered. Boil for a minimum of 4 minutes, leave longer for harder eggs and yolk.

MEALS

PASTA BOWLS

- Pasta
- Meat/fish of choice
- Vegetables of choice



1. Cook 2-3 handfuls of pasta in a pan of boiling water
2. Prepare/marinate and chop any meat/fish and vegetables of choice
3. Place all cooked food into a large bowl, add sauce if needed/preferred

JACKET POTATO

- 1 large potato
- extra virgin olive or coconut oil
- 1 tin of beans OR 1 tin of tuna
- handful of grated cheese (optional)



1. Heat oven to 220C/200C fan/gas 7.
2. Rub a little extra virgin olive or coconut oil over each potato and put on the top shelf of the oven.
3. Bake for 20 mins, then turn down the oven to 190C/170C fan/gas 5 and bake for 45 mins-1 hr until the skin is crisp
4. Add topping of choice

RICE BOWLS

- 2-3 handfuls of rice
- Meat or fish of choice
- Vegetables of choice – variety of colours



1. Boil rice in a pan over water until cooked
2. Prepare/marinate meat or fish or choice
3. Cook vegetables of choice
4. Place all ingredients into a large bowl

SNACKS

CHOCOLATE BROWNIES

- Cacao powder
- Pitted dates
- Walnuts
- 2 tbsp maple syrup
- Dark chocolate or Nutella to top



1. Simply blend the walnuts in a food processor until they form a crumbly mixture, then add the dates and blend again before adding the cacao and maple syrup.
2. Place the mixture into a baking tray and either refrigerate for three to four hours or freeze for one hour to allow them to set.
3. Keep them in the fridge for freshness

CHOC CHIP COOKIES

- 3/4 cup unsalted creamy almond butter
- 1/2 cup organic coconut sugar
- 2 tablespoons coconut oil, melted and cooled
- 2 eggs
- 1/4 cup coconut flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup chocolate chips



1. Preheat oven to 350 degrees F. Line with parchment paper.
2. In the bowl or a food processor, add in almond butter, coconut sugar and coconut oil; process until it comes together, about 1 minute. Add in eggs and process again. The dough will probably seize up at this point, but that's okay.
3. Next, add in coconut flour, baking soda and salt; process again until a dough forms. Gently fold in chocolate chips.
4. Place onto the sheet on the tray in shapes of your choice.
5. Bake for 8-10 minutes or until cookies turn slightly golden brown around the edges. Allow them to cool. Repeat with remaining dough. Makes around 20 cookies.

CHOCOLATE OAT COOKIES

- 100g Oats
- Dark/sugar free/milk chocolate chips
- 2 large bananas



1. Mash bananas
2. Stir in the oats and chocolate chips
3. Place into a baking tray and bake for 10 minutes at 180

BANANA ICE CREAM

- 2 large bananas
- Natural nut butter (optional)
- Chocolate chips (optional)



1. Slice bananas and freeze over night
2. Blend frozen bananas until an ice cream consistency, place into a bowl
3. Stir in peanut butter/chocolate chips

FLAPJACK

- 100g oats
- 2 bananas
- Dried fruit or chocolate chips



1. Mash bananas
2. Stir in the oats and other ingredient of choice
3. Place into a baking tray and bake for 10 minutes at 180

BREAKFAST

BREAKFAST SMOOTHIE

- 1 tbsp Greek yoghurt
- 1 tbsp. honey
- 2 tbsp rolled oats
- 1 banana
- 150ml milk



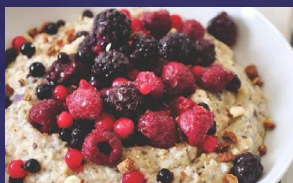
1. Blend all ingredients

EGGS & TOAST

- See page 18 for recipe

TOPPED PORRIDGE

- 50g porridge oats
- Milk (amount depending on texture preference)
- Nut butters, agave syrup and/or fruit of choice to top



1. Pour milk on top of oats
2. Microwave 1 minute, stir then repeat if necessary
3. Add a topping of choice

MEALS

WHOLEMEAL SPAGHETTI BOLOGNAISE

- 1 tbsp extra virgin olive oil
- 200g lean steak mince or Quorn
- 1 onion
- 4 large mushrooms
- 1 carrot
- 1 400g tin chopped tomatoes
- 230ml vegetable stock
- 2 tbsp tomato purée
- ½ tsp Worcestershire sauce
- 1 tsp freshly ground black pepper
- 300g whole wheat spaghetti



1. Heat the oil in a large saucepan over a medium heat. Add the mince and the onion and fry for five minutes, stirring occasionally, until the mince is browned and the onions softened.

2. Add mushrooms and carrot, cook for around one minute, then add tinned tomatoes, vegetable stock, tomato purée, Worcestershire sauce and freshly ground black pepper. Stir well and bring to the boil, then reduce the heat to simmer for 15-20 minutes, until the sauce has thickened.

3. Place the whole meal spaghetti in a deep saucepan full of salted boiling water and cook according to packet instructions, then drain. Serves 4

LASAGNE

- 3 tbsp olive oil
- 2 celery
- sticks, finely chopped
- 1 onion chopped
- 1 carrot, chopped
- 3 garlic cloves, crushed
- 500g lean mince
- 200ml milk
- 2 x 400g cans chopped tomatoes
- 2 bay leaf
- 1 rosemary sprig
- 2 thyme sprigs
- 2 tsp dried oregano
- 2 beef stock cubes
- 400g dried pasta sheets
- 50g Parmesan finely grated



For the béchamel sauce

- 1½ l milk
- 1 onion sliced
- 3 bay leaf
- 3 cloves
- 100g butter
- 100g plain flour

1. First infuse the milk for the béchamel sauce. Put the milk, onion, bay and cloves into a large saucepan and bring very gently just up to the boil. Turn off the heat and set aside for 1 hr.

2. For the meat sauce, put the oil, celery, onion, carrot, garlic and pancetta in another large saucepan. Cook together until the veg has softened. Add all the mince, the milk and tomatoes. Stir together. When the mince is mostly broken down, stir in all the herbs, stock cubes and bring to a simmer. Cover and cook for 1 hour, stirring occasionally to stop sticking. Uncover and gently simmer for another 30 mins. Taste and season.

3. To finish the béchamel, strain the milk through a fine sieve into one or two jugs. Melt the butter in the same pan then, using a wooden spoon, mix in the flour and cook for 2 mins. Stir in the strained milk, a little at a time – the mix will thicken at first to a doughy paste, but keep going, adding milk gradually to avoid lumps. When all the milk is in, bring to a gentle simmer, stirring constantly (if you have lumps, give it a quick whisk). Gently bubble for a few mins until thickened.

4. Heat oven to 180C/160C fan/gas 4. Spread a spoonful of the meat sauce over the base of baking dish. Cover with a single layer of pasta sheets, then top with a quarter of the béchamel. Spoon over a third of the meat sauce and scatter over a little Parmesan. Repeat the layers. Sit the dish on a baking tray to catch spills and bake for 1 hour until bubbling, browned and crisp on top.

ROAST DINNER

- Meat of choice
- At least 2 portions of vegetables of choice
- Potatoes
- Extra virgin olive oil
- Yorkshire puddings
- Gravy granules



1. Place your meat of choice into the oven for 1-2 hours depending on the meat
2. Heat a tray of extra virgin olive oil in the oven
3. Peel and cut potatoes, then place them in a pan to boil
4. Add the boiled potatoes to the tray then place into the oven for 1 hour until golden and crispy
5. 20-25 minutes before the potatoes and meat are cooked, prepare vegetables ready to steam or boil them for 10-15 minutes.
6. Place Yorkshire puddings into the oven for the last 20 minutes (time dependent on the mixture or if they are ready made)
7. Place gravy granules into a jug
8. Mix boiling water or vegetable/meat stock into the gravy granules and stir until smooth
9. Remove everything from trays/pans etc. and place onto a plate.

WHERE HISTORY BEGINS



PERFORMANCE
NUTRITION
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NUTRITION
PERFORMANCE
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NUTRITION



PROFESSIONAL GAME
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