

Football Training Day

Based on 68Kg Male PAL 1.8 3148kcal 7g/kg – CHO 476g 1.9g/kg – Prot.129g Fat 94g = 27% Hydrated 3L

08:00 Breakfast							
Meals	Size	Calories	Carbs	Sugars	Fat	Saturates	Protein
<u>Semi skimmed milk</u>	2.0 tbsp	17.1	1.7	1.7	0.6	0.4	1.2
<u>Sainsbury's Freshly Squeezed Orange Juice with Bits, Taste the Difference</u>	1.0 Portion	132.3	28.5	23.0	1.3	0.3	1.8
<u>Tea bag</u>	250.0 ml	2.2	0.5	0.0	0.0	0.0	0.0
<u>Semi skimmed milk</u>	200.0 ml	96.2	9.4	9.4	3.4	2.1	7.0
<u>Banana and blueberry porridge</u>	1.0 Portion	515.0	79.3	36.3	15.0	4.0	18.7
Porridge oats	50.0 g	199.7	35.4	0.2	4.1	0.6	5.5
Blueberries	1.0 handful	16.7	3.6	3.6	0.1	0.0	0.4
Semi skimmed milk	250.0 ml	120.3	11.8	11.8	4.3	2.7	8.8
Chia seeds	1.0 tablespoon	71.5	5.9	0.0	4.3	0.5	2.3
Honey	1.0 level teaspoon	24.6	6.1	6.1	0.0	0.0	0.0
Banana	1.0 small	69.5	16.2	14.5	0.1	0.0	1.0
Almonds, flaked and ground	2.0 teaspoon	24.5	0.3	0.2	2.2	0.2	0.8
Block Total		763	119.3	70.4	20.3	6.8	28.7

09:30 Pre-Training Snack							
Meals	Size	Calories	Carbs	Sugars	Fat	Saturates	Protein
<u>Jam, fruit with edible seeds</u>	1.0 tablespoon	55.7	13.8	13.8	0.0	0.0	0.1
<u>Tesco Finest Strawberry And Raspberry Cordial</u>	1.0 100 g	20.0	5.0	4.7	0.0	0.0	0.0
<u>Plain bagel</u>	1.0 whole	258.7	52.0	4.3	1.6	0.0	9.0
<u>Salted butter</u>	1.0 tablespoon	104.2	0.1	0.1	11.5	7.3	0.1
Block Total		439	70.9	22.9	13.1	7.3	9.2

11:40 During training fuel							
Meals	Size	Calories	Carbs	Sugars	Fat	Saturates	Protein
<u>Science in Sport, GO energy powder</u>	50.0 g	187.0	47.0	3.5	0.0	0.0	0.0
Block Total		187	47	3.5	0	0	0

12:30 Post Training Snack							
Meals	Size	Calories	Carbs	Sugars	Fat	Saturates	Protein
<u>Three ingredient blueberry smoothie (recover)</u>	1.0 Portion	246.0	31.2	30.3	3.9	2.3	21.7
Blueberries	100.0 g	41.8	9.1	9.1	0.2	0.0	0.9
Semi skimmed milk	200.0 ml	96.2	9.4	9.4	3.4	2.1	7.0
Skyr fruit flavoured yogurt	150.0 g	108.9	12.8	11.9	0.3	0.2	13.8
Block Total		246	31.2	30.3	3.9	2.3	21.7

13:30 Lunch

Meals	Size	Calories	Carbs	Sugars	Fat	Saturates	Protein
<u>Spicy Chicken Wrap</u>	1.0 Portion	407.8	47.3	12.1	9.5	2.1	31.2
Chicken breast	0.8 average breast	99.4	0.0	0.0	1.0	0.3	22.5
Total 0% Fat Free Authentic Greek Yoghurt	18.8 g	10.1	0.6	0.6	0.0	0.0	1.9
Garlic & Ginger Paste	7.5 g	8.0	1.1	0.0	0.3	0.0	0.2
Curry powder	0.3 tablespoon	11.1	1.2	0.0	0.5	0.0	0.5
Ground cumin	0.3 teaspoon(s)	3.0	0.3	0.0	0.2	0.0	0.1
Ground Coriander	0.5 g	1.3	0.1	0.0	0.1	0.0	0.1
Ground turmeric	0.3 teaspoon	0.7	0.0	0.0	0.1	0.0	0.1
Smoked paprika	0.3 teaspoon(s)	1.0	0.0	0.1	0.1	0.0	0.1
Chilli flakes	0.3 teaspoon	0.9	0.0	0.0	0.1	0.0	0.1
Lemon juice	0.5 teaspoon	0.1	0.0	0.0	0.0	0.0	0.0
Plain Tortilla Wraps	64.0 g	180.0	31.8	0.0	3.2	1.4	5.2
Mixed Leaves	25.0 g	4.4	0.0	0.0	0.0	0.0	0.0
Cucumber	0.1 whole, average	5.5	0.5	0.5	0.2	0.0	0.4
Tesco Mango Chutney	20.0 g	46.2	11.3	10.5	0.1	0.0	0.0
Yoghurt & Mint Dressing	10.0 g	37.2	0.6	0.5	3.8	0.3	0.2
<u>Apple</u>	1.0 medium, whole	51.1	11.2	11.2	0.4	0.1	0.6
<u>Skyr Icelandic Yoghurt Pot - Strawberry</u> , <i>Skyr</i>	100.0 g	49.3	4.4	4.0	0.1	0.0	7.7
<u>Green And Blacks Organic 85% Dark Chocolate Bar</u>	25.0 g	152.3	5.6	3.4	13.4	8.0	2.4
Block Total		660	68.6	30.6	23.5	10.2	41.8

18:30 Dinner							
Meals	Size	Calories	Carbs	Sugars	Fat	Saturates	Protein
<u>Natures Finest Tropical Fruit Salad</u>	1.0 Portion	70.6	16.3	16.3	0.6	0.1	0.0
<u>Chicken fajita wraps and rice</u>	1.0 Portion	560.4	70.7	7.5	13.8	2.3	40.9
Ready to eat rice	0.5 whole packet(s)	211.4	42.4	0.0	2.4	0.4	5.1
Paprika	0.3 tablespoon	2.9	0.0	0.2	0.2	0.0	0.2
Vegetable oil	0.5 tablespoon	60.7	0.0	0.0	6.7	0.4	0.0
Ground cayenne pepper	0.3 teaspoon	1.5	0.1	0.0	0.1	0.0	0.1
Fresh coriander leaves	0.3 cup	0.7	0.0	0.0	0.0	0.0	0.1
Red pepper	0.3 whole, medium	6.6	1.3	1.2	0.1	0.0	0.2
Yellow pepper	0.3 whole, medium	7.0	1.4	1.3	0.1	0.0	0.2
Tomato puree	0.3 tablespoon	2.8	0.5	0.5	0.0	0.0	0.2
Chicken breast	125.0 g	132.5	0.0	0.0	1.4	0.4	30.0
Lettuce	0.1 whole head	5.1	0.6	0.6	0.0	0.0	0.5
Seeded tortilla wrap	1.0 average, large	126.7	21.4	1.3	2.8	1.0	3.9
Red onion	0.3 large	13.8	3.0	2.3	0.0	0.0	0.4
<u>Tea bag</u>	250.0 ml	2.2	0.5	0.0	0.0	0.0	0.0
<u>Semi skimmed milk</u>	40.0 ml	19.2	1.9	1.9	0.7	0.4	1.4
<u>Cadbury Fair Trade Dairy Milk Little Bar</u>	1.0 Portion	94.9	10.3	10.1	5.4	3.2	1.3
Block Total		747	99.6	35.7	20.6	6.1	43.6

Allergens

Alert. This template contains the following allergens

MilkTreenutsWheatMustard

Warning. Possibly contains these allergens or allergen information unknown

Milk Eggs Fish Shellfish Treenuts Peanuts Wheat Soybeans Mustard Celery Sesame Sulphites

Nutrition Information

Nutrient	Total
Calories	3042
Fat	81
of which Saturates	33
Carbs	437
of which Sugars	193
Fibre	33
Protein	145
Salt	4

