Breakfast

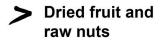
- Natural muesli with fresh or canned fruit in juice and low fat yoghurt/milk
- Wholegrain toast with poached eggs, baked beans and a glass of fruit juice
- Hot oats made with trim milk and a piece of fruit or juice

Hot Tip

IF TRAVELLING - pack a combination of fresh fruit, milk drinks or fruit juice carton with low fat yoghurt, cereal bars, creamed rice or sandwiches



Morning Tea





- Wholegrain crackers with tuna
- Low fat yoghurt and fresh fruit
- > MILO with low fat milk

Lunch

- Wholegrain bread rolls or wrap filled with hummus, lean meat/ canned fish/egg and salad ingredients
- Pasta/rice with tuna and vegetables



Add

a piece of fruit and/or low fat yoghurt to each option

TRAINING

Pre Training

Good snacks one hour prior to training may include:

- > Sandwiches
- > Fruit toast with peanut butter and jam
- > Yoghurt
- > Milky MILO with a banana
- > Muesli bars
- > Fruit



Try a smoothie 1-2 hours before if you struggle to train with food in your stomach

During Training

> Drink a bottle of water.

You may need a sports drink if over 60-90 minutes of training.

TRAINING

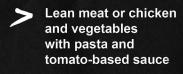
After Training

- After intense training consume some carbohydrate immediately e.g.
 - > Sports drink
 - > Jelly Iollies
 - > Pikelet
- To improve recovery it is recommended to consume some protein around 20 minutes after finishing training e.g.
 - > Pottle of yoghurt
 - > Glass of milk
 - > Milk based smoothie

Especially when your next meal is more than 1 hour away.



Dinner





- Steamed or grilled fish with homemade wedges and salad
- Lean meat or chicken and vegetable stir-fry with rice or noodles
- Lean steak, potatoes and 3 vegetables or salad

Supper

- - Milk-based pudding and fruit
 - Fresh fruit and low fat yoghurt
 - > Protein rich smoothie

