

## **SECTION 3**

### **Practical meal plans**

#### **BREAKFAST** (never skip breakfast it is essential to support successful training)

- ⊗ Bowl wholegrain cereal and milk (50-100g carbs)
- ⊗ X 2-4 thick slices wholegrain toast with jam/honey/peanut butter (50-100g carbs)
- ⊗ Toast x 2 with baked beans (75-100g carbs)
- ⊗ Pancakes x 3 with fruit and syrup (100g carbs)
- ⊗ Bagels x 2 with Marmite and cream cheese (100g carbs)
- ⊗ English muffins x 2 with boiled egg (s)/scrambled egg (50g carbs)
- ⊗ Bowl of chopped fresh fruit and yogurt (50g carbs)
- ⊗ X 1 large bowl porridge with raisins (100g carbs)

*Carbohydrate can be topped up at breakfast, if needed, by adding a glass of fresh fruit juice or milk or adding chopped fruit/dried fruit to cereal.*

#### **LIGHT MEALS**

- ⊗ Jacket potato, tuna and sweetcorn (75g carbs)
- ⊗ Jacket potato beans and cheese (100g carbs)
- ⊗ Sandwiches x 4 slices bread (75-100g carbs)
- ⊗ X 2 filled rolls/ x 1 filled bagel (50g carbs)
- ⊗ Banana sandwiches x 4 slices bread and x 2 bananas (100g carbohydrate)
- ⊗ Bowl pasta/rice/couscous salad (50g carbs)
- ⊗ X 3 slices pizza with salad (150g carbs)
- ⊗ Vegetable soup and a roll (100g carbs)
- ⊗ Boiled eggs with toast x 4 (75g carbs)
- ⊗ Crackers x 6 with cottage cheese (30g carbs)

*Wherever possible choose the wholegrain/wholemeal choice. Always have at least one piece of fresh fruit with a light meal.*

#### **MAIN MEALS**

- ⊗ Pasta (x 6 tablespoons) with lean meat/fish/Bolognese sauce and vegetables (100g carbs)
- ⊗ Stir-fry rice (x 6 tablespoons) with vegetables and lean meat (100g carbs)
- ⊗ Noodles with vegetables/lean meat (100g carbs)
- ⊗ Large jacket potato, chicken and salad (50g carbs)
- ⊗ Jacket potato with lasagne/cannelloni and salad (100g carbs).
- ⊗ X 4 serving spoons mash with grilled sausages and veg (100g carbs)
- ⊗ Chili con carne with 6 tablespoons rice (100g carbs)

- Ⓢ Couscous and roasted vegetables x 8 tablespoons (100g carbs)
- Ⓢ X 1 large portion Shepherd's pie/fish pie and vegetables (100g carbs)
- Ⓢ X 6 tablespoons macaroni cheese with salad (50g carbs)

*Always have at least x 2 different types of vegetables or a mixed salad with a main meal.*

### **SNACKS (general)**

- Ⓢ Wholegrain cereal (Weetabix/Shredded Wheat etc) with milk
- Ⓢ Fresh/dried fruit
- Ⓢ Nuts/fruit and nut mixes
- Ⓢ Yogurt or yogurt drink/fromage frais
- Ⓢ Milk or milkshakes (preferably home-made)
- Ⓢ Fruit smoothies (home-made or 'Innocent' style)
- Ⓢ Toast/crumpets/English muffins/bagels
- Ⓢ Filled rolls/pitta bread
- Ⓢ Crackers with jam/honey/marmite
- Ⓢ Malt loaf
- Ⓢ Currant buns/tea-cakes/scones
- Ⓢ Cereal or sports bar
- Ⓢ Home-made muffins/breads or cakes

### **SNACKS POST TRAINING** (this should also include protein as well as carbohydrate)

- Ⓢ Fresh fruit with a milk drink
- Ⓢ Yogurt/yogurt drink
- Ⓢ Milkshake with fresh fruit
- Ⓢ A sports replacement drink (containing both carbs and protein)
- Ⓢ A sports bar containing both carbs and protein
- Ⓢ Bowl of cereal and milk
- Ⓢ Crackers with cheese
- Ⓢ Sandwich/bagel/roll/wrap with tuna/chicken/egg/cottage cheese/peanut butter
- Ⓢ Fruit and nut mix
- Ⓢ Fruit and nut cereal bar

Bowl porridge (made with milk)