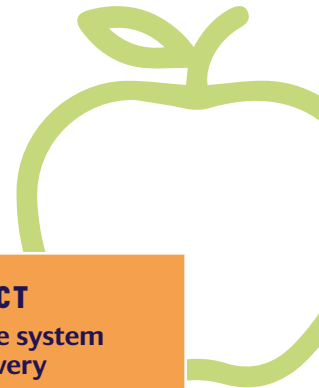


EAT LIKE AN ATHLETE

These exercise and nutrition plans were developed in partnership with Middlesex CCC, and are adapted from materials used by Middlesex county age-group squads.

EATING THE RIGHT FOODS WILL AID YOUR ATHLETIC PERFORMANCE IN THREE WAYS:



ENERGISE Perform well for longer	REPAIR Recover post-training and avoid injury	PROTECT Boost immune system and recovery
Wholemeal Pasta	Fish	Vegetables
Oats	Chicken	Tomatoes
Sweet Potato	Red Meat	Fruit
Potatoes	Turkey	Garlic
Brown Rice	Greek Yoghurt (v)	Ginger
Brown Bread	Cottage Cheese (v)	Cinnamon
Lentils	Full Fat Milk (v)	Chilli
Banana	Eggs (v)	Salad
Malt Loaf	Peanut Butter (ve)	Avocado
	Nuts (ve)	
	Beans (ve)	

CHECK OUT OUR NUTRITION GUIDANCE FOR EXAMPLES OF WHICH FOODS TO EAT WHEN:

Day-to-day/ Pre-training or match	Example Breakfast: Porridge oats topped with fruit/cinnamon
	Example Lunch: Chicken, lettuce, and tomato sandwich on brown bread Banana Greek Yoghurt
	Example Dinner: Bean chilli with brown rice and side salad
	Example Snack: Apple sticks with peanut butter
During training/match	Example Snacks: Bananas Malt Loaf Nuts Fruit
Immediately after training/match	Post-training meal: Lean chicken breast served with brown rice and vegetables or Scrambled eggs on brown bread, with a side salad

Thank you to Middlesex CCC for their help in producing this resource.