

FUELLING FOR BEST PERFORMANCE

5:30–7:30AM TRAINING

BEFORE TRAINING

- banana
- milk based drink

15–30 MINS POST TRAINING RECOVERY SNACK OR MEAL

BREAKFAST

- egg and spinach wrap
- bircher muesli
- cheesy baked beans on toast
- milk based drinks
- yoghurt pouches
- porridge

SNACK

LUNCH

- chicken or tuna, cheese salad wrap/sandwich
- chicken and vegetable pasta
- spaghetti bolognese
- rice, lean protein and vegetables

1–2HRS BEFORE AFTERNOON TRAINING

- cheese sandwich
- nut butter sandwich
- muesli bar
- fruit & yoghurt
- rice cakes with nut butter

4.30–6:30PM TRAINING

15–30 MINS POST TRAINING RECOVERY SNACK OR MEAL

DINNER

- chicken and vegetable pasta
- spaghetti bolognese
- rice, lean protein and vegetables
- baked chicken schnitzel with coleslaw & potatoes
- curries
- burrito bowls
- quesadillas



DON'T FORGET

Sip on water throughout the day and during training

SNACK IDEAS

- cheese sandwich
- muesli bar
- fruit and nut mix
- avocado on crackers with cheese
- vegetable and dip
- pikelets
- fruit
- fruit & yoghurt

TOP TIP!

Want an extra 5-10 minute sleep in? Have your snacks and meals ready to go the night before

RECIPES

Check out a range of recipes on the Fuel to Go & Play website.

fueltogo.com.au/recipes/

This is a generalised fuelling and recovery information sheet. For personalised sports nutrition advice seek an Accredited Sports Dietitian.