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Nutritional Advice

As a young footballer you shouldn't underestimate the importance of your nutrition, what you eat will have a direct effect on your performance at training and matches as well as your ability to recover properly. Being involved within the Dundee United Academy you should be looking to get every aspect of your nutrition to a standard that helps you perform at your best. Eating good quality ingredients versus packaged convenience foods is of utmost importance; equally important is making sure you are getting the required intake in calories and macronutrients (protein, carbohydrate and fat) in order to properly fuel and recover from your workouts, sessions and games.

This booklet contains information that will help academy players and their families make informed choices to meet their nutritional needs in different situations. This information will be of use to the players who are serious in their aspirations to develop a career in professional football.

The information within this resource will be supported by professional guidance and advice throughout your time in the academy. Ultimately it is the responsibility of the player and his family to develop a healthy lifestyle and make good nutrition choices at home, at school, socially & also before, during and after football activities.

A well-chosen diet can offer many benefits:

- 🏆 Optimum gains from the training program
- 🏆 Enhanced recovery within and between workouts, training and games
- 🏆 Achievement and maintenance of an ideal body weight and physique
- 🏆 A reduced risk of injury and illness
- 🏆 Confidence in being well-prepared for match play
- 🏆 Consistency in achieving high level performances in training and matches
- 🏆 Enjoyment of food and social eating occasions



Despite these advantages, many players do not meet their nutrition goals. Common problems and challenges include:

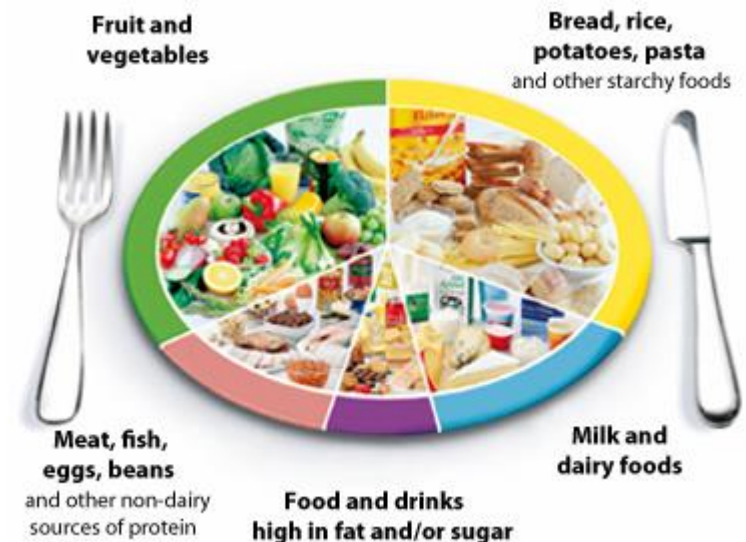
- 👉 Poor knowledge of foods and drinks and inadequate cooking skills
- 👉 Poor choices when shopping or dining out
- 👉 Poor or outdated knowledge of sports nutrition
- 👉 Inadequate finances
- 👉 Busy lifestyle leading to inadequate time to obtain or consume appropriate foods
- 👉 Limited availability of good food and drink choices
- 👉 Frequent travel
- 👉 Indiscriminate use of supplements and sports foods

The information in this booklet is designed to provide players and families with an overview of the latest guidelines in sports nutrition. While there is no such thing as a magic diet or food, there are many ways in which eating and drinking well can allow players at all ages and levels of performance to achieve the special goals of their training and competition programs.

It makes no sense to train hard if you ignore the benefits that follow from good food choices.

The 'eatwell plate' below provides a pictorial representation of healthy eating guidelines. Although it is important to understand that there are differences in the amount and type of food that each person needs. Males generally need more energy than females, teenagers more than older people and those who are physically active (such as footballers) more than those who do not participate in physical activity.

You should be eating a good variety of foods from the following four groups; Fruit and Vegetables; Bread, Rice, Potatoes, Pasta; Milk and Dairy Foods; Meat, Fish, Eggs, Beans to help ensure you obtain the wide range of nutrients needed to stay healthy. By choosing different foods from each group you will add to the range of nutrients you consume. Foods in the remaining group (Foods and Drinks High in Fat and/or Sugar) are not essential to a healthy diet.





Carbohydrates

Carbohydrates are the fuel that powers your body and act as an energy source for brain and nervous system. This means they are important to football players! When eaten they are stored as glycogen (energy) in your muscles. This is essential as low glycogen stores can lead to a poor performance and an increase in risk of injury, however if carbohydrates are not used they are instead stored as fat so be careful of how much you are eating. On average you should eating a portion of carbohydrates equal in size to your fist for a meal.

There are 2 types of carbohydrate:

Slow Releasing Carbohydrate

Wholegrain bread, wholegrain pasta, brown rice, sweet potato, whole oats, grains, beans

This type of carbohydrate is found in unprocessed foods and tends to be wholegrain options. Energy is released slowly into the body, keeping you feeling fuller for longer. They are also full of nutrients, minerals, vitamins and fibre which all play an important role in fuelling the body of a footballer to cope with the demands of training and games.

Quick Releasing Carbohydrates

White bread, white pasta, white rice, white bagels, breakfast cereals with high sugar content, mashed potatoes, sweets, packaged foods/snacks

This type of carbohydrate is found in foods which are mainly white in colour which have been refined and had nutrients removed. These are quickly absorbed and energy is immediately available, however this only lasts for a short period of time. Quick releasing carbohydrates increase your blood sugar levels which can lead to an increase in weight as well as risk of developing type 2 diabetes.



Fats

While fat is normally thought of as something to avoid it is required in the diet in small amounts in order to function properly. Fat plays a number of roles in our bodies including protecting our vital organs, keeping the body warm and helping with the transport of vitamins around the body. As a footballer you should look to eat a small amount of unsaturated fats which will provide several health benefits.

Similar to carbohydrates there are 2 types of fats:

Saturated Fats

Meat fats, butter, cheese, mayonnaise, ready meals, cookies, doughnuts, chocolate, pies, cakes, crisps

This type of fat raises your bad cholesterol (LDL) and lowers your levels of good cholesterol (HDL). It also blocks arteries which restricts the flow of blood which carries oxygen to the heart and brain.

Unsaturated Fats

Nuts, avocados, eggs, oily fish (such as salmon and tuna), virgin olive oil, olives, soya

This type of fat can be considered as 'good fat' and helps to improve our cholesterol as well as overall heart health. It provides your body with several essential fatty acids which it cannot make on its own. Unsaturated fats also help to develop strength, speed and power which you require as a footballer.



In order to try and eat more unsaturated fats you should:

Avoid package and processed foods as much as you can. Do this by cooking fresh food at home.

Try to cook meals using healthier methods such as grilling, baking and steaming.

Choose fat free or low fat option such as light mayonnaise (although be aware that some of these may contain a lot of sugar!).



It is also important to remember that while foods such as chocolate, cookies, muffins, crisps, chips etc. all contain high levels of saturated fats and should be avoided as much as possible. **You are able to eat these on the odd occasion as a treat and should not feel guilty for doing so!** Remember you are training hard.

Also remember to double check what you are drinking as drinks can often contain a large amount of fat particularly speciality drinks from coffee shops such as Costa and Starbucks.

Protein

Protein is the body's main building block and helps to maintain and repair tissue in the body. After being eaten it is broken down into amino acids which are then used in the process of developing strength as well as aiding recovery.

Protein is constantly being used by the body, although it is not stored in the body. This means that it is important that we should try to eat protein in small amounts regularly to provide a constant supply. A meal should contain a palm size portion. Protein can be found in:

Meat, fish, poultry, eggs, dairy products, nuts, lentils and legumes

In order to try and eat protein with low levels of fat you should:

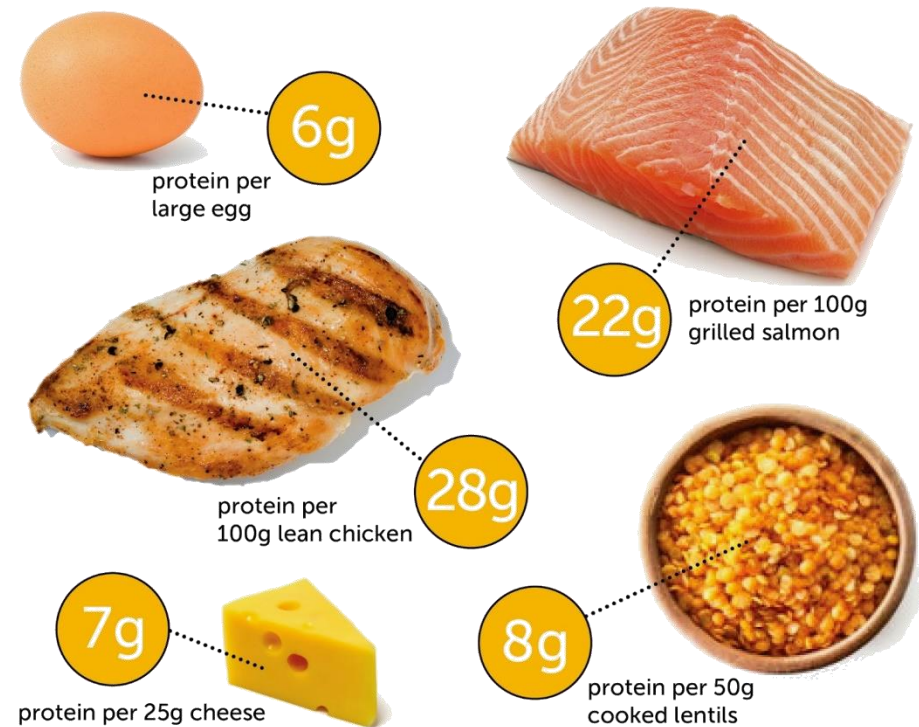
Aim to try and eat chicken or turkey rather than darker meats whilst making sure that you remove any skin or visible fat.

Eat a minimum of 2 portions per week of oily fish such as salmon and mackerel as these provide omega 3 fatty acids as well as lean protein.

Choose low fat cheeses such as cottage cheese.

Be eating protein from both animal and non-animal sources (e.g. nuts).

While many people take protein powders/supplements you should speak with the club before doing this as they are often not required because you are eating enough protein in your diet and will only cause an increase in weight!



Protein rich foods – 10 g protein is provided by:

Animal protein (high quality) 2 small eggs

300 ml cow's milk

20 g skim milk powder 30 g cheese

200 g yoghurt

35-50 g meat, fish or chicken

150 ml fruit smoothie or liquid meal supplement

Vegetable protein

4 slices bread

90 g breakfast cereal

2 cups cooked pasta or 3 cups rice 400 ml soy milk

60 g nuts or seeds

120 g tofu or soy meat 150 g legumes or lentils



Sugar and Salt

While sugar and salt are eaten daily as part of your diet it is important as a football player that you understand the effects they can have on your body when eaten in large amounts.

Sugar

Eating too much sugar can affect your blood sugar levels and lead to conditions such as type 2 diabetes in the future.

Sugar will provide you with a very short, intense burst of energy but shortly after this you will slow down, feel tired, feel dizzy and even moody. Not the way you want to feel if you are about to train or play in a match!

Eating sugar in large amounts can also result in putting on extra weight, which again can lead to not moving about the pitch as well and poorer performances.

Avoid drinking fizzy drinks as these often contain large amounts of sugar which are 'hidden'.

Salt

Eating too much salt can cause an increase in blood pressure which isn't good for our health or our heart.

Around $\frac{3}{4}$ of the salt we eat is already found within our food so we shouldn't need to add any more to it!

Avoid ready meals and packaged foods which contain high levels of salt within them.



Vitamins and Minerals

Hard training and match play place a heavy stress on the body, but good food choices can reduce the risk of harm. Adequate intakes of energy, protein, iron, copper, manganese, magnesium, selenium, sodium, zinc, and vitamins A, C, E, B6, and B12 are particularly important to health and performance. These nutrients, as well as others, are best obtained from a varied diet based largely on nutrient-rich foods such as vegetables, fruits, beans, legumes, grains, lean meats, fish, dairy products, and unsaturated oils. Most players are able to meet the recommended intakes for vitamins and minerals by eating everyday foods. However, those at risk include players who restrict their energy intake, especially over long periods, to meet weight loss goals and players whose diets lack variety and who eat a lot of foods with a poor nutrient-density.

Vitamins and minerals are known as 'protectors' and are extremely important for footballers. They play a vital role in energy production and in supporting the bodies immune and nervous system.

It is good to ensure that you “eat a rainbow” each day as antioxidants found in brightly coloured fruits and vegetables help the body fight against the stresses of exercise and help with recovery from training and matches. You should aim to eat a 'rainbow' each day from the following categories:

White – e.g. cauliflowers, bananas, onions, potatoes

Green – e.g. broccoli, lettuce, green apples and grapes

Blue/purple – e.g blueberries, plums, purple grapes, raisins

Orange/yellow – e.g. carrots, apricots, peaches, oranges, cantaloupe, mangoes

Red – tomatoes, watermelon, cherries, berries, red apples, red peppers



You have probably heard the phrase breakfast is the most important meal of the day, and it is. Start as you mean to go on. You've fasted through the night so get some food into the system within 30 minutes of getting out of bed. What you eat here will have a direct link to how you will feel during your morning training session. Below are some recommended options.

Recommended Breakfast Options

Oats are the perfect breakfast option as they are a high form of slow digesting carbohydrate which is perfect for sustained energy release throughout the day. They also provide a small amount of protein and fat. The flax seeds are a great form of fibre, high in essential minerals and a healthy fat source. Berries such as blueberries, blackberries, strawberries and raspberries are rich in antioxidants and Vitamin C. Have with water or milk or a mix of both. For convenience cook in the microwave.

Shakes are a good option as you can put a lot of nutrients and calories in to them, they are quick and easy to make and easily digestible due to it being a fluid meaning your body will absorb it quicker than solid foods. If you're running late they can be consumed on the way to school. Put all the ingredients into a blender and mix with water and a few ice cubes.



A stack of three golden-brown, slightly irregular fried flatbreads (possibly rotis or dosas) is served on a white ceramic plate with a scalloped edge. A silver fork is placed to the right of the plate. In the background, there are some green leafy herbs. The entire scene is set against a light, neutral background.

Power Pancakes (Ideal for match days – low fibre/low fat)

Power pancakes are a great option and ideal for match days, put together 3-4 pancakes (eat enough to satisfy your hunger) with Honey, mixed berries, banana and some Bacon with the fat cut off. This will be a good mix of Carbohydrate, sugar, salt and protein with not too much fat or fibre. Other good options on match days are white bread and bagels.

Lunch

Your lunch should contain a large amount of carbohydrate (at least half) in order to continue to provide fuel to your muscles. While your choices available at school may be limited this does not provide an excuse to eat 'poor choices' or buy processed food from a local shop. A healthy, nutritious lunch can be quickly and easily prepared the night before and removed from the fridge before you leave for school.

Recommended Lunch Options

Healthy Rolls, Wraps, Sandwiches, Pitta Breads, Toastie, Panini

The different variations of bread will help to provide the large amounts of carbohydrate needed at lunch previously mentioned. You should try your best to make sure that these are wholegrain options which will provide a greater source of fibre. Fillings should include lean meats such as chicken ham, turkey beef; tuna; egg or low fat peanut butter all of which will help to provide protein. Try to avoid sauces and spreads such as mayonnaise and replace with healthier or low fat options.

Soup

If you struggle to eat at lunch or do not have a lot of time, soup is another option. Flavours including lentil, sweet potato, butternut squash, vegetable and minestrone are all recommended. A bread roll or sandwich should accompany the soup in order to help provide carbohydrate. This is a good option in winter when the weather can be very cold.



Dinner

After a day of single or double sessions at Dundee United it is important that your evening meal is a quality one to speed up recovery for the following day's training. Chose single ingredient foods and if possible make recipes from scratch. Evening meals can be made in bulk and leftovers can be frozen in order to make future meals more convenient to prepare.

Recommended Dinner (Simple Easy to Make Choices)

Any Meat Salad (Chicken, Beef or Fish) served with New Potatoes

Salads can include anything such as cucumber, beetroot, tomatoes, onions, peppers, mushrooms, lettuce, spinach, fruits

Red Meat (Beef, Venison, Exotic Meats) Sweet Potato and Green Vegetables

Broccoli, Cabbage, Spinach, Asparagus, Green Beans and Peas are great vegetable options – consume 200g of vegetables per meal.

Chicken Stir Fry serve with Rice or Noodles. Add any vegetables, for a sauce mix soy, honey, ginger, garlic, chilli and black pepper.

Chicken, Pasta and Tomato Based Sauce

Stay away from cream based sauces, an easy and healthy sauce would include onion, garlic, tin of chopped tomatoes, dash of balsamic vinegar, basil, chilli and salt and pepper



Recommended Dinner (Healthy Recipes) – See Attached

Chicken Jambalaya

Spicy Cajun Chicken Quinoa

Healthy Fish and Chips

Chicken and Sweet Potato Curry served with Rice

Tuna Nicoise Salad served with Cous Cous or Rice

Sweet Potato Fish Cakes served with Salad and or Rice

Italian Minced Beef served with Rice

Salmon Fish Cakes served with New Potatoes

Chili Con Carne

Spaghetti Bolognese



Fluids

In order for the body to function properly you need to ensure that you are properly hydrated at all times this is because almost all of the major systems and processes in our body depend on water. This increases once you add in the demands of training and playing matches.

The amount of fluid you need to drink is different for each person depending on how much you sweat. **Although everyday you should aim to drink at least 2 litres (8 glasses) of fluid.** To help you with this you should carry around a bottle of water with you each day taking small sips often, before refilling it.

Dehydration occurs when the amount of fluid leaving the body is more than the amount of fluid that you take in. When you are training or involved in a match you will begin to sweat which will cause a large amount of water to be lost from the body.

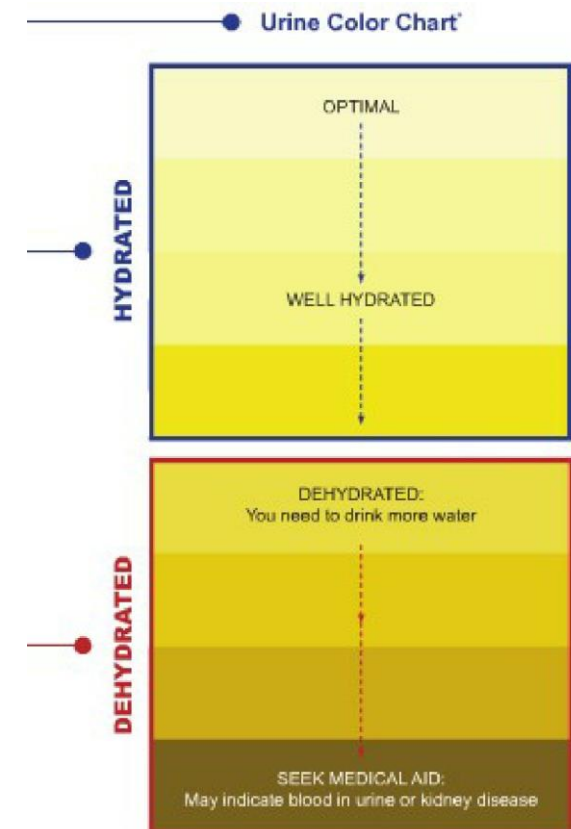
If this leads to dehydration it will cause a reduction in your endurance levels, lower levels of strength and can lead to cramp. Dehydration can also impact upon your mentality during games with players being less coordinated, having reduced concentration and making poorer decisions.

Weigh yourself before and after training to see how much fluid you are losing. For every 1kg lost 1-1.5 litres of fluid is needed to re-hydrate.

By the time you are thirsty you are already dehydrated!



You should drink plenty of water each day and limit the number of teas or coffees you have to 1 or 2 per day (Don't drink caffeine after 5pm it may affect your sleeping patterns and quality of sleep). Before and during a training or a match drink **diluted (around half)** Powerade or Lucozade Sport Milk or a milkshake such as a Yazoo should be taken after training to help recovery Stay away from fizzy drinks, and energy drinks such as cans of Red Bull, Monster etc.



Snacks

By snacks it is not meant crisps or chocolate but instead healthy snacks which allow you to maintain a steady energy flow, help hit required daily macronutrients and keep blood sugar levels constant. Below is a list of foods suitable for snacking on.

Daytime Snacks

Fruit - Any

Nuts – Any (unsalted)

Porridge with Honey

Ryvita with hummus

Rice Cakes (spread on Philadelphia Cheese or Peanut Butter)

Yoghurts

Bagels, Pita, Toasted Bread (spread on Philadelphia Cheese or Peanut Butter)



Match Day Nutrition

What you eat on match days should help enhance your recovery from a week of hard training and give you the energy needed to perform at your very best. What you eat on match days will vary slightly from what you eat on training days.

What do you need to eat and why?

Carbohydrates – to help replenish and further increase glycogen stores in muscles and liver.

Your main source of energy for the match.

Protein – to enhance the building and repair of muscle

Water – to maintain hydration status

Morning of game have plenty carbohydrate for breakfast, a little protein and a little fat. Good options are power pancakes (see above). Have what you feel works best for you but don't eat too much fat or protein, make sure you get a good source of carbohydrate like oats, bread, bagels, cereals, pancakes and/or fruit. For lunch have potatoes mashed in a little butter with chicken or fish and a little salad or pasta with a light tomato sauce and some fish or chicken – don't eat anything heavy and make sure the meal is high in carbohydrate.



Pre Game Snacks

Make sure you try out any pre-match routine in training before an actual match.

Dried Fruit

This is a great source of delivering carbohydrates making it perfect for a pre-match energy boost. Dried fruits are high in natural sugars and have a similar effect to energy gels.

Cereal Bars and Fig Rolls are ideal building up to the game, just before kick off sugary sweets such as haribos used to be eaten but it is now unsure how effective these are. Try to consume an isotonic hydration drink before the game or water if you prefer.

Half time

Bannana

A banana provides high levels of potassium in addition to glucose and fructose (fruit sugar) which is quickly used by the body. Research has suggested that this combination of sugars help with better fluid delivery meaning better absorption of carbohydrates.

Isotonic energy gels, fig rolls and jaffa cakes are all other options which can be consumed at half time in addition to isotonic fluids or water. Don't drink too much though.



Berries

Fruits such as cherries, blueberries and pomegranate are rich in polyphenols and anthocyanins, which can act as anti-inflammatories if taken in big enough portions. Cherry concentrate can be drunk instead rather than consuming foods. Alternatively, pineapple contains bromelain, another anti-inflammatory which can aid recovery from injury.

Remember to try to eat a small snack which is rich in carbohydrates and protein within 30 minutes of finishing the game. Or if you do not feel like eating a milkshake (such as Yazoo) is an effective way of replacing calories and macronutrients by drinking.



After the game treat yourself to a meal that you enjoy or if you're eating in cook something like chilli with rice, spaghetti bolognese or chicken jambalaya.

The basics are always stay hydrated and don't go hungry.

Super Foods

The following foods contain a variety of benefits when they are consumed as part of a healthy diet.

Venison

Contains a number of performance enhancement boosters including creatine, aginine, glutamine, iron and vitamin B12. These help to build muscle and increase explosive power. Eat after training to maximise recovery between sessions.

Mackerel

The fatty acids in oily fish build the hormones which support muscle metabolism (the rate that your muscle burns fat in rest), the immune system and improves your mood. Only eat this after training as eating before may cause a stomach upset.

Broccoli

The vitamin A found in this green vegetable improves vision while the Vitamin C and glutathione aid recovery.



Contains calcium, iron and chlorophyll which help to encourage the transportation of blood around the body, therefore helping to improve cardiovascular endurance. If added to a carbohydrate rich meal it will help to slow the release of glucose into the blood.



Beetroot

Nitrates in beetroot juice help muscle performance by increasing bloodflow and fuel delivery, as well as helping your muscles to remove any waste products.

Curry Spice

Although hot to taste curry spice helps to ease inflammation and accelerates the recovery process. Try adding a small amount of garam masala to lean meats after training.

Green Tea

The caffeine within green tea helps to enhance focus and supports fat burning during exercise. It can also help to widen arteries allowing for the transport of more oxygenated blood around the body.

Broad Beans

These are full of the amino acid tyrosine as well as a chemical found in the brain called L-dopa, which will help you to remain focused during matches and training.

Blueberries

High in vitamin C and anti-oxidants which help to clear free radicals. Blueberries supports the immune system and help to prevent against injury.

Provide copper which is important for immune function. They also contain magnesium, which may be able to help with cramps.



Low fat yoghurt helps to provide calcium which is needed to maintain bone health.

A type of grain which is high in amino acids, has a good carbohydrate content and can be consumed instead of pasta, rice or bread.

Example Day Before Game

In the day before a game you should look to fuel your body for the next day's 90 minutes. This means making sure that your muscles glycogen stores are full in order to allow you to perform to the best of your abilities on the pitch. You should eat slow releasing carbohydrates to help you do this. Plenty of fluids are needed too to make sure that you are not dehydrated before the game even kicks off.

Breakfast 7.00 am – 8.00am	2 slices of wholegrain toast with baked beans/scrambled egg and grilled tomato or mushroom OR Porridge made with semi skimmed milk with honey/walnuts/dried apricots OR Smoked salmon on granary bread with avocado or low fat cream cheese
Morning Snack 10.30 am – 11.30 am	Low fat yoghurt OR Handful of brazil nuts and berries OR 2 kiwis/an orange/an apple
Lunch 1.00 pm – 2.00 pm	Large lentil/vegetable/tomato soup with a slice of whole wheat bread OR Wholegrain rolls/sandwich with chicken/turkey/ham/tuna and salad OR Large baked sweet potato with lean chilli/tuna/baked beans
Afternoon Snack 3.30 pm – 4.30 pm	Handful of hazelnuts and berries with low fat yoghurt OR 1 slice of whole wheat pitta topped with tuna/chicken/ham and salad OR 1 slice of wholegrain toast topped with peanut butter/banana
Dinner 5.30 pm – 6.30 pm	Turkey burger, oven baked sweet potato with a side salad/steamed vegetables OR Whole wheat spaghetti bolognese OR Chilli con carne with brown basmati rice
Evening Snack 8.30 pm – 9.30 pm	3 whole wheat oatcakes spread with cottage cheese and cucumber/tomato OR Banana with natural yoghurt and almonds OR Ryvita with hummus

Be careful of when and how much you eat before an early kick off. Foods eaten in the morning before the match should contain slow releasing carbohydrates as well as some protein. Also pay attention to timings as it is important to put food into your body as quickly as possible after full time. This should contain fast releasing carbohydrates and protein. You should work out a strategy to do this particularly when travelling long distances for away matches. As with earlier kick offs look to eat again as soon as possible after full time.

Breakfast 7.00 am – 8.00am	Scrambled/poached/soft boiled eggs with whole wheat toast OR Porridge made with semi skimmed milk and honey OR Power pancakes with fruit smoothie
Pre Match Snack 1.5 hours before kick off	Low fat yoghurt with dried fruit OR Rice cake with peanut butter OR Cereal bar
Half Time Snack	Banana/Orange OR Jaffa cakes OR Fig roll
After Match within 20 minutes of full time	Couple of handfuls of hazelnuts and berries OR Milkshake e.g. Yazoo OR Cereal/breakfast bar high in protein
After Match Meal within 1 hour of full time	White pasta with chicken and pesto OR Baguette/baked potato filled with chicken/tuna/prawns/baked beans and salad OR Turkey steak and cous cous with salad
Dinner 6.30 pm – 7.30 pm	Baked potato with baked beans/tuna/extra lean chilli OR Spicy cajun chicken quinoa OR Italian minced beef with rice

As kick off time varies so should your eating strategy on the day of a match. As soon as you wake up you should have a light breakfast, before eating a larger pre match meal no later than 3 hours before kick off. The pre match meal should aim to provide you with enough energy to fuel your performance that afternoon without eating too much! Doing this will mean blood has to flow to the stomach during the match instead of the muscles which are working.

Breakfast 8.00 am – 9.00am (light options)	All Bran Fruit and Fibre with milk OR Porridge made with semi skimmed milk and mixed berries OR Wholegrain toast with peanut butter/honey
Pre Match Meal 3 hours before kick off	Large baked sweet potato with baked beans/tuna OR Wholegrain pasta with chicken, peppers and mushrooms OR Quinoa Salad with turkey/salmon/tuna
Half Time Snack	Banana/Orange OR Jaffa cakes OR Fig roll
After Match within 20 minutes of full time	Small bagel with peanut butter OR Milkshake e.g. Yazoo OR Cereal/breakfast bar high in protein
Dinner 5.30 pm – 6.30 pm	Mexican fajitas with wholegrain wraps OR Prawn stir fry with wholegrain rice/noodles OR Whole wheat spaghetti bolognese
Evening Snack 8.30 pm – 9.30 pm	Whole grain bagel with peanut butter and banana OR Whole wheat oatcakes with cottage cheese/humous OR Natural yoghurt with granola

Example Day After Game

After a game it is important that you continue to recover and get your body back to full health and fitness. In order to do this you should aim to eat at least 5 portions of vegetables and 2 portions of fruit. Breakfast should contain a large amount of protein in order to help to kickstart the day, you should also aim to eat a large number of anti-oxidants which you will get from your fruit and veg.

Breakfast 7.00 am – 8.00am	Ham, mushroom and spinach omelette with slice of wholegrain toast OR Porridge made with semi skimmed milk with honey/walnuts/berries OR Wholegrain/rye toast with avocado and venison sausages
Morning Snack 10.30 am – 11.30 am	Low fat yoghurt with large slice of mango/plum OR Handful of brazil nuts and berries OR Rice cake with peanut butter
Lunch 1.00 pm – 2.00 pm	Tuna whole wheat past bake with peppers and sweet corn OR Wholegrain rolls/sandwich with chicken/turkey/ham/tuna and salad OR Large baked sweet potato with lean chilli/tuna/baked beans
Afternoon Snack 3.30 pm – 4.30 pm	Kiwis and berries with low fat yoghurt OR Oatcakes with cottage cheese OR Brazil nuts and pumpkin seeds mix
Dinner 5.30 pm – 6.30 pm	Tuna nicoise salad OR Chicken and sweet potato curry with whole grain rice OR Salmon fish cakes
Evening Snack 8.30 pm – 9.30 pm	Slice of whole wheat toast spread with cottage cheese OR Banana with natural yoghurt and almonds OR Ryvita with hummus

Recipes

Spicy Cajun Chicken Quinoa (Serves 4)

4 skinless chicken breasts, cut into bite-sized pieces

1 tbsp Cajun seasoning

100g quinoa

600ml hot chicken stock

100g dried apricots, sliced

½ x 250g pouch ready-to-use Puy lentils

1 tbsp olive oil

2 red onions, cut into thin wedges

1 bunch spring onions, chopped

small bunch coriander, chopped

Heat oven to 200C/180C fan/gas 6. Toss the chicken with the Cajun spice and arrange in a single layer in a roasting tin. Bake for 20 mins until the chicken is cooked. Set aside.

Meanwhile, cook the quinoa in the chicken stock for 15 mins until tender, adding the apricots and lentils for the final 5 mins. Drain and place into a large bowl with the chicken, toss together.

While the quinoa is cooking, heat the oil in a large frying pan and soften the onions for 10-15 mins.

Toss the onions into the quinoa with the coriander and some seasoning, then mix well. Serves 4.

386 calories, protein 47g, carbohydrate 35g, fat 7 g, saturated fat 1g, fibre 5g, sugar 15g, salt 1 g



450g sweet potatoes, peeled and cut into chips

450g sweet potatoes, peeled and cut into chips

1 tbsp olive oil, plus a little extra for brushing

2 white fish fillets about 140g/5oz each

Grated zest and juice 1 lemon

small handful of parsley leaves, chopped

1 tbsp capers, chopped

2 heaped tbsp 0% Greek yogurt

lemon wedge, to serve

Heat oven to 200C/fan 180C/gas 6. Toss chips in oil. Spread over a baking sheet in an even layer, bake for 40 mins until browned and crisp. Put the fish in a shallow dish, brush lightly with oil, salt and pepper. Sprinkle with half the lemon juice, bake for 12-15 mins. After 10 mins sprinkle over a little parsley and lemon zest to finish cooking.

Meanwhile, mix the capers, yogurt, remaining parsley and lemon juice together, set aside and season if you wish. To serve, divide the chips between plates, lift the fish onto the plates and serve with a spoonful of yogurt mix.

373 kcalories, protein 35g, carbohydrate 41g, fat 9 g, saturated fat 1g, fibre 3g, salt 0.96



Chicken and Sweet Potato Curry (serves 2) – Serve with rice

2 chicken breasts
 1 Onion
 2 garlic cloves
 1 tbsp curry paste
 8 cherry tomatoes
 1 large Sweet Potato
 3 tbsp of Greek Natural Yoghurt
 200g of Spinach
 Tbsp of fresh chopped coriander
 1 green chilli - This will be enough for 2 portions.
 Start by frying the onion, garlic and spices, and then add the chicken.
 Once the chicken is brown add all other ingredients. Make sure
 the sweet potatoes are cut into small pieces. Simmer for
 20-30mins.
Kcal 337 Carbohydrate 30g Protein 34g Fat 9g Per Serving



Italian Minced Beef – Serve with Rice

- 1 garlic clove
- 1 red onion
- 1 green pepper
- 1 red pepper
- 1 tin of chopped tomatoes
- 50g sundried tomato paste
- Salt and pepper
- 2 tbsp. mixed herbs
- 1 tbsp. balsamic vinegar

Add the mince, chopped garlic clove and chopped onion to a pan and simmer until cooked.

Add the chopped peppers, tomatoes, tomato paste, pinch of salt and pepper, herbs and balsamic vinegar and simmer for 30-40 minutes or until the sauce has reduced.

Per serving (makes 4) Kcal: 246 Protein: 28g Carbohydrates: 11g Fat: 10g



2 Tuna Steaks (grilled and sliced)

1 tbsp chopped fresh rosemary

1 garlic clove

1 tbsp of extra virgin olive oil

2 large handful's of lettuce

2 hard boiled eggs quartered

6 cherry tomatoes

25g of dark olives

Salt and pepper

This is enough for two portions.

Kcal 414 Carbohydrate 3g Protein 44g Fat 25g Per Serving



Salmon Fish Cakes

800g skinless salmon fillets
2 bay leaves
small bunch dill, stalks and fronds separated
500ml milk
600g Maris Piper potatoes, peeled and chopped into even sized chunks
zest 1 lemon
4 tbsp mayonnaise
1 tsp Dijon mustard
4 tbsp capers, rinsed and dried
flour, for dusting your hands
1 egg, beaten
100g breadcrumbs
4 tbsp vegetable or sunflower oil
lemon wedges and watercress, to serve



Poaching the salmon: Put the salmon in a frying pan with the bay leaves and dill stalks. Pour over enough milk to cover the fish (you may not need all the milk), bring to the boil, then lower heat to a gentle simmer and leave to poach for 4 mins. Turn off the heat, then leave the fish to continue cooking in the poaching liquid for 5 mins. Lift the salmon out with a fish slice onto a plate. Flake into large pieces with a fork, then leave to cool.

Making and drying out the mash: Meanwhile, cook the potatoes in boiling salted water for about 10 mins, or until tender. Drain well, then leave to cool in a colander for 2 mins. Tip back into the pan and return to the hob on a low setting. Mash the potatoes, watching that the mash doesn't catch at the bottom of the pan, for 2-3 mins - it should be dry and fluffy. Stir in lemon zest, mayonnaise, mustard, capers and some seasoning.

Mixing and shaping fish cakes Pat away any liquid from the fish, then carefully lift the pieces into the pan with the mash. With your hands, gently mix together until roughly combined; it should take just a few movements or the fish will break up. Dust hands and work surface with flour. Shape a handful of the mix into a patty-shaped cake, about 2.5cm thick. Repeat to make 8 cakes.

Breadcrumbs and frying Dip the cakes into egg, then press into the breadcrumbs all over. Heat half the oil in a frying pan until very hot. Fry 4 fish cakes for 5 mins each side until golden. Remove; keep warm. Repeat with the rest, or freeze. Serve with lemon wedges and watercress.

431 calories, protein 27g, carbohydrate 27g, fat 25 g, saturated fat 5g, fibre 2g, sugar 4g, salt 1g

Chilli Con Carne – Serve with Rice

500g lean minced beef

1 large Onion

1 red Pepper

2 Garlic cloves

2 heaped tsp of chilli powder

1 tsp of paprika

1 tsp of ground cumin

1 beef stock cube

300ml of hot water

1 can of chopped tomatoes

½ teaspoon of dried marjoram

2 tbsp of tomato puree

1 can of red kidney beans (410g)

Serve with sour cream and white rice

Chop the onion, red pepper and garlic cloves into small pieces and add to a pan with the oil, cook for 5 mins or until soft and brown. Add the chilli powder, paprika and cumin stir and cook for a further 5 mins. Add the meat and stir and continue to cook for a further 5mins.

Making the sauce, crumble 1 beef stock cube into 300ml of hot water. Pour this into the pan with the mince mixture. Open 1 the can of chopped tomatoes (400g) and add to the mixture. Tip in ½ teaspoon of dried marjoram and 1 tsp of sugar. Add salt and pepper and the tomato puree. Stir well and simmer for 20mins.

Drain and rinse the kidney beans and add the sauce, cook for a further 10mins.

Serve with rice and sour cream.

387 kcalories, protein 36g, carbohydrate 25g, fat 17 g, saturated fat 6g, fibre 6g, sugar 1g, salt 2g



Whole Wheat Spaghetti Bolognese

450g of lean mince
 340g of whole wheat spaghetti
 1 teaspoon of salt
 1 teaspoon of sugar
 1 teaspoon of dried oregano
 ¼ teaspoon of black pepper
 1 clove of garlic
 600g of chopped tomatoes
 200g of tomato Puree
 220g of chopped mushrooms
 1 tbsp of olive oil
 1 small carrot (pre cooked)
 ½ bunch of basil
 1 tsp of chilli powder

Brown the mince in a large saucepan with the oil. Add all herbs, spices, and vegetables and stir for 5 mins. Add the chopped tomatoes and simmer at a low heat for at least 30mins longer will allow the flavours to come through. Cook pasta according to packet, drain and serve with Bolognese.

Nutritional Content - Unknown

