# FUELLING FOR BEST PERFORMANCE

**ACTIVE JUNIORS** 

# 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

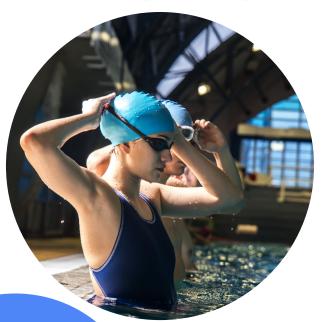
- chicken or tuna, cheese salad wrap/sandwich
- chicken and vegetable pasta
- spaghetti bolognase
- rice, lean protein and vegetables

#### 1-2HRS BEFORE AFTERNOON TRAINING

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

#### **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

# 4.30-6:30PM TRAINING

#### 15-30 MINS POST TRAINING RECOVERY SNACK OR MEAL

# DINNER

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

# 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.



