

# FUELLING FOR BEST PERFORMANCE

## basketball

### 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

### snack

### 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!

use your training days to find out what meals and snacks are your favourite!

### Recipes

Check out a range of recipes on the Fuel to Go & Play website.  
[fueltogo.com.au/recipes/](http://fueltogo.com.au/recipes/)