

HOW ARE YOU FUELLING YOUR FOOTBALL?

BOSS THE BASICS

EVERYDAY

CARBOHYDRATES

The 'mistress of fuels'! They give our **muscles** the **energy** they need when we're **playing a match or training** and keep our **brains sharp & focussed** on the game

PROTEIN

Protein takes the 'supernutrient' crown - it will help you **stay fit and healthy** and **grow fitter and stronger**. It's specially important post-match / training to allow your muscles to **repair and grow**

HEALTHY FATS

Healthy fats are **vital for health**, an important **fuel source**, help us **absorb certain vitamins**, and make sure our **hormones stay balanced** and healthy

VEGETABLES

Eat as much dark green and colourful vegetables, salads and fruits as you can!

CARB SOURCES



PROTEIN SOURCES



HEALTHY FAT SOURCES



THE NIGHT BEFORE A MATCH

Have a meal **high in carbohydrates**, with some **protein**, **healthy fats** and **vegetables**
good options include:



Spaghetti Bolognese
with a side of salad or vegetables



Vegetable Stir-Fry
with noodles and **chicken, prawn** or **tofu**



Jacket Potato
with **beans, tuna** or **cottage cheese** and salad



Grilled Chicken Wrap
with salad

Drink plenty of water to make sure you are hydrated

PRE-MATCH FUELLING



WHEN YOU WAKE

Have 2 glasses of water first thing



2-3 HOURS BEFORE KO

Foods high in **carbohydrates** & **fibre** that will release energy slowly, eg



Porridge with berries



Baked Beans on Wholemeal Toast



Overnight Oats berries and banana



Potato Hash with Poached Eggs



30-60 MINS BEFORE KO

Foods high in **easy-to-digest carbohydrates**, eg



Banana



Toast & Jam



Bowl of Cereal



Smoothie



Dried Fruit

POST-MATCH RECOVERY

AS SOON AS POSSIBLE

A snack high in **carbohydrates** & **protein** - chocolate milk is a good choice!



WITHIN 1 HOUR POST MATCH

Have a balanced meal to replenish your energy stores and help muscles repair and build.



Pesto Pasta with Grilled Chicken and green veg on the side



Smoked Salmon & Poached Eggs on toast with smashed avocado



Tuna Bagel with salad or crudités



Greek Yoghurt Smoothie made with banana, berries and oats

Remember to drink plenty of water



WANT THE WINNING EDGE OVER YOUR OPPOSITION?

- ✓ Eat with a performance fuelling mindset
- ✓ Don't skip breakfast before a match, you'll tank on the pitch
- ✓ Bring a small easy to digest snack for pre-match and half time
- ✓ Fuel well throughout the week, not just on matchdays



RASPBERRY OVERNIGHT OATS

SERVES: 1

PREPPING TIME: 5 MIN + RESTING OVERNIGHT

Ingredients

100g Greek (or soya) yoghurt
50g frozen raspberries
70ml milk (or oat milk)
1 tsp ground cinnamon
35g rolled oats
1 tsp. honey (or maple syrup)

Directions

1. Blitz the yoghurt, raspberries, milk and cinnamon with a hand blender until smooth.
2. Pour the mixture into a bowl, stir through the oats, cover and place in the fridge overnight.
3. When ready to eat, drizzle with the honey (or maple syrup).



APPLE PORRIDGE

SERVES: 1

PREPPING TIME: 5 MIN

COOKING TIME: 8 MIN

Ingredients

- 30g rolled oats
- 1/4 tsp ground cinnamon
- 100ml milk (or oat milk)
- 15g raisins
- 1 apple, grated
- 1tsp ground flaxseed
- 60g Greek (or soya) yoghurt
- 10g flaked almonds

Directions

1. Place the oats, milk and cinnamon over a medium heat to cook.
2. Once the oats have thickened to a porridge, add the grated apple, raisins, and flaxseed and stir until heated through.
3. Remove from the heat and stir through the yoghurt.
4. Serve in a bowl topped with the almonds.



BERRY SMOOTHIE

SERVES: 1

PREPPING TIME: 5 MIN

Ingredients

- 20g rolled oats
- 1 small banana
- 100ml milk (or oat milk)
- 60g Greek (or soya) yogurt
- 60g frozen berries
- 1 handful spinach

Directions

1. Whizz all the ingredients together with a blender until smooth



SPAGHETTI BOLOGNESE

SERVES: 4

PREPPING TIME: 20 MIN

COOKING TIME: 30 MIN

Ingredients

- 1 large onion
- 1 large carrot
- 2 sticks celery
- 1 clove garlic
- 250g 5% fat beef mince
- 400g tin chopped tomatoes
- 1 tsp tomato puree
- 1 beef stock cube
- 1 tsp dijon mustard
- 300g dry spaghetti

Directions

1. Finely chop the onion, carrot and celery. Heat 1 tsp olive oil in a large saucepan, add the vegetables and cook over a low heat for 8 mins until the onions have softened.
2. Finely chop the garlic and add to the pan, fry for 1 min.
3. Turn up the heat and add the mince beef. Stir to break up the mince and cook until all of the mince has browned.
4. Add the tin of chopped tomatoes and tomato puree. Crumble in the stock cube and add the dijon mustard. Stir to combine. Allow to simmer whilst you cook the spaghetti.
5. Bring a large pan of salted water to the boil and cook the dry spaghetti according to the pack instruction.
6. Drain the spaghetti and serve with the bolognese sauce.