



Bedford Club Cricket

Nutritional Guidelines - Training Foods

Daily Meals

1. Try to consume up to five meals per day (breakfast/lunch/dinner + 2 additional snacks)
2. Develop meals based on the recommended foods listed in the Food Triangle

Exmpl1: Scrambled eggs with rye bread + Wholegrain muesli with chopped berries + Glass of water

Exmpl 2: Fatless bacon with poached eggs on wholegrain bread + homemade fruit smoothie + Glass of water

Green = Protein Source Blue = Carbohydrate Source Red = Fruit and Vegetables

Pre Training Snack/Meal

1. Eat a meal 2 hours before training that includes: an easily digested protein source e.g. lean meats such as chicken breast or ham slices; an energy rich carbohydrate source which also contains fibre e.g. beans, whole meal pita bread or whole meal pasta, and a fluid source (water consumed slowly)
2. Prior to exhausting endurance sessions or heavy resistant sessions, include some cranberry juice or berries to aid the recovery process.

Exmpl1 : 4 slices of lean ham + chopped salad and cottage cheese in whole meal pita bread + glass of water

Exmpl 2: Tuna, kidney bean + brown pasta salad with berry selection + glass of water

Mid Training Snack

1. First and foremost, ensure steady fluid intake during training sessions, do NOT wait until you are thirsty before drinking.
2. A carbohydrate/electrolyte drink during training will sustain muscle energy levels and performance

Exmpl: Carbohydrate/Electrolyte Drink = Lucozade Sport, Gatorade, Powerade

Post Training Snack/Meal

1. Directly after training some source of fast release carbohydrate should be consumed along with fluid e.g. jaffa cakes, jellies, sports drink.
2. A source of quickly digested protein should also be consumed after the intake of fluid e.g. whey protein shake or bar
3. A substantial meal should be consumed within two hours of training. This should include: a protein source e.g. meat or fish; a slowly digested carbohydrate source e.g. brown basmati rice or plain yoghurt; fruit and /or vegetables; and more fluids.

Exmpl1: Directly After Training: water + jelly babies followed by whey protein shake made with water

Post Training Meal: Diced chicken breast, wholemeal pasta and tomato sauce with brocolli spinach + avocado salad

Exmpl2: Directly After Training: carbohydrate drink (e.g. lucozade) followed by a protein bar

Post Training Meal: Tuna and sweetcorn with baked potato, chopped apple, pear and berries