

GAME DAY

Carbohydrate-rich Snacks

- Toasted sandwich
- Muesli fruit cup
- Tofu eggs
- Spinach eggs & toast
- Coconut porridge
- Chicken burrito
- Yoghurt & fruit
- Muesli bars
- Fruit & cheese
- Small pancakes with honey
- Crumpets with cream cheese & fruit topping

HYDRATE WITH
WATER IN BETWEEN
GAMES

RECOVERY

Carbohydrates & Protein

- Cereals
- Dairy products
- Vegetables
- Rice, pasta & breads
- Chicken
- Fish
- Red meat