



Premier League  
Primary Stars

# Nutrition plan

# Breakfast

## Fuel the right way



Always include protein, with carbohydrates at breakfast. Add a portion of fresh fruit.

### Option 1



Omelette, baked beans, avocado  
and bowl of porridge & fruit

### Option 2



Poached eggs, salmon, 2 x toast,  
fruit smoothie, handful of nuts

### Option 3



Protein smoothie (whey protein, milk,  
berries) + 1 bagel with peanut butter

# Lunch

## Recover & refuel



Refuel after training sessions. Feed your muscles protein to enable them to grow & repair.



- 2 portions of meat or fish
- 2 serving spoons pasta, rice or sweet potato
- 1 handful mixed veg or salad
- Fruit & yogurt for desert

# Snacks

Pack in the protein



Choose two mid-afternoon and one in the evening before bed.



If the Match Day -1,  
Match Day or Match Day +1

Chicken Wrap



Porridge & nuts



Eat every 2-3 hours – feed your body regularly to allow your muscles to grow.

# Evening meal

Get plenty of carbohydrates and protein on board.

## Always choose...

- 1-2 portions of meat or fish
- Handful of pasta, rice or potato
- Vegetables & salad



## Meal ideas

Chicken or Prawn Stir Fry with noodles

Turkey burgers, sweet potato wedges & salad

Salmon, sweet potato wedges + mixed greens

Beef Stew with new potatoes

Chicken Korma with rice

Prawn Curry with rice

Salmon fishcakes + salad

Spaghetti bolognaise

Turkey Tagliatelle

Chicken & Prawn Paella





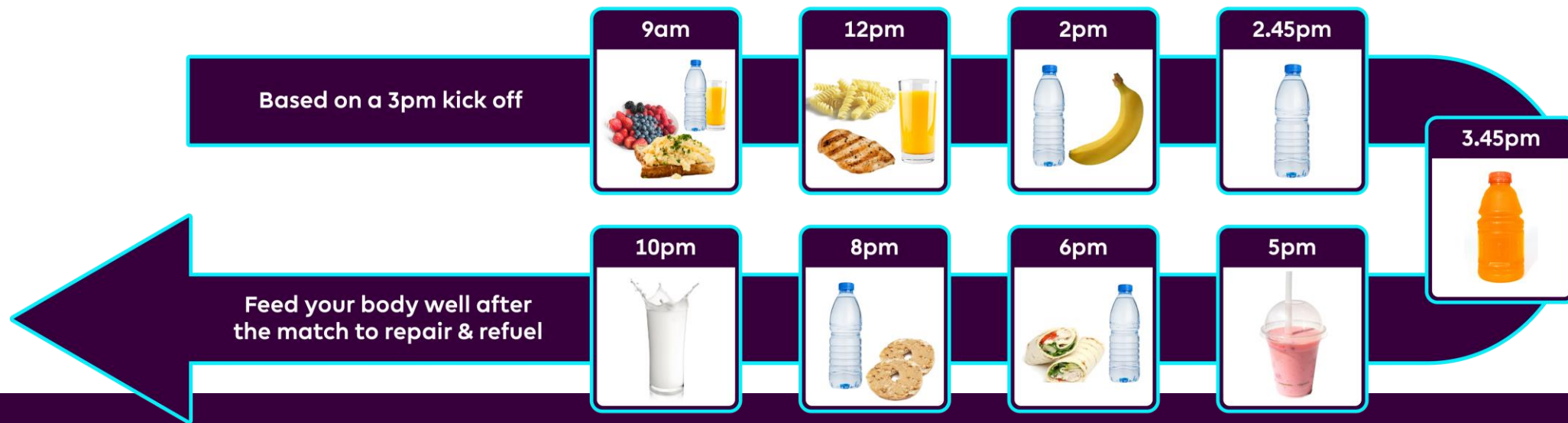
# Match day

## Prepare & perform



Most of the preparation should be done the day before the match.

The focus on match day should simply be to top up energy stores & hydrate.



# Match day + 1

## Recover & refuel



Recovery from a match is key,  
get these strategies right and  
don't neglect this day to  
optimise muscle building

