

Activity sheet

A footballer's nutrition plan

Breakfast

Poached eggs, smoked salmon on 2 slices of toast
Fruit smoothie
Handful of peanuts

Morning snack

Bottle of water
Banana

Lunch

Pasta with chicken in tomato sauce
Salad
Melon and yoghurt
Bottle of water

Afternoon snack after training

Peanut butter and apple slices
Smoothie

Dinner

Salmon fishcakes
Boiled potatoes
Peas, carrots and sweetcorn
Bottle of water

Evening snack

Handful of nuts
Glass of milk