

Nutrition for Soccer Meal Plans

Breakfast

Below is an example of some healthy breakfast ideas that are quick and easy to prepare and allow players the energy required for morning games or sessions.



Good Breakfast Foods

1. Oatmeal and Honey
2. Greek yoghurt and Fresh fruit
3. Bran Flakes and Fresh fruit juice
4. Peanut butter or Honey on toast (wheat bread)
5. Omlette or scrambled egg with avocado



Below is a list of breakfasts that are consumed in many households and may be perceived as healthy options but in fact are not beneficial for players in the morning.



Bad Breakfast Foods

1. Cereal Bars
2. Bagel with cream cheese
3. High sugar cereals (Cheerio's, Lucky Charms, Coco Rocks ect)
4. Doughnuts, Pancakes or sweet pastries
5. Fried breakfast sandwich



Lunch

Below is an example of some healthy lunch ideas that are quick and easy to prepare and allow players the energy required for afternoon games or sessions.



Good Lunch Foods

Chic' Penne – Chicken, whole wheat pasta, broccoli and black pepper.

The Hawaiian Chicken Wrap – Whole wheat tortillas, chopped spinach leaves, crushed canned pineapple, diced cooked chicken, low fat mayonnaise, onion, garlic and chili.

Turkey Sliders – Ground turkey extra lean, large egg, brown rice, chopped yellow onion, celery, garlic, spinach leaves, black pepper and small wheat rolls.

Stir Fry Fajita Chicken – Cooked brown rice, canola oil, diced onion, cooked chicken strips, red pepper, corn, canned tomato, diced green chili pepper and garlic powder.

Sloppy Joe's Beef Burgers – Slow cooked brisket, green pepper, jalapeno pepper, diced tomatoes, chili powder, onion gravy from brisket and whole wheat buns.

Below is a list of meals eaten at lunch consumed in many households that may be perceived as healthy options but in fact are not beneficial for players at lunch.



Bad Lunch Foods

Energy Bars – Made with enriched white flour and fructose corn syrup and sugar and can be high in saturated fat. Some packaging can be very deceiving. Opt for a whole grain bar with plenty of fibre.

Convenience store pre mad sandwiches – Most premade sandwiches contain unhealthy conservatives to make them last as long as possible Before going off.

Muffins – Made from enriched flour, sugar and butter which will cause you to crash due to their high glycaemic index.

Large Baked Potato – Healthier than fried potato however baked potatoes have a high glycaemic index which will quickly increase your blood sugar levels followed by a quick drop. This will cause you to become physically and mentally tired.

Bagels – White flour and sugar content raised your blood sugar quickly followed by a crash. Try mini whole wheat bagels!

Dinner

Below is an example of some healthy dinner ideas that are quick and easy to prepare and allow players the energy required for evening games or sessions.



Good Dinner Foods

Pasta with tomato source – Whole meal pasta, ripe tomatoes, garlic, fresh basil, olive oil, sea salt and black pepper.

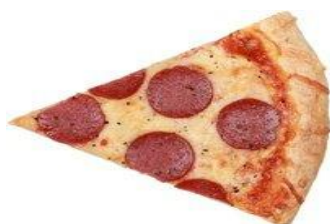
Beef Taco's – Corn tortillas, lean ground beef, ripe tomatoes, fresh cilantro, green chili pepper, pinch of sea salt and garlic.

Super Healthy Salmon Burgers – Boneless/skinless salmon fillet, Thai red curry paste, soy sauce, coriander and fresh root ginger.

Chicken and Leak Pot Pie – Peeled potato, parsnips, skinless chicken breast, olive oil, leeks, lemon, parsley, low fat crème fraiche and whole grain mustard.

The ultimate Shepard's Pie – Lean minced lamb, onion, carrots, thyme sprigs, vegetable bouillon powder, chopped tomatoes, green lentil, Worcestershire sauce, king Edward potatoes, sweet potato, low fat crème fraiche and semi skimmed milk.

Below is a list of meals eaten at dinner consumed in many households that may be perceived as healthy options but in fact are not beneficial for players before evening games or sessions.



Bad Dinner Foods

Fast food such as hamburgers and fries – Contain excessive levels of fat and hard to digest which ruin productivity for the rest of the day.

Frozen Meals – Contain hydrogenated oils and a high amount of trans fat. Microwaving destroys any nutritional content there may be. Check packaging for hydrogenated oils.

Packaged sources such as Ranch dressing – Contains unhealthy modified food starch and artificial sweeteners. **ketchup** - Contains high fructose corn syrup and artificial sweeteners meaning it has a high sugar content.

Pizza – Can contain a day's worth of your sodium intake in the processed meats and crust. Very high fat content due to the amount of cheese.

Pork products such as pork chops, bacon and ribs – Very high in cholesterol. A good sized bacon strip can contain up to 13mg of cholesterol.