

MATCH DAY 3PM KICK OFF

| MEAL 1 | g | Estimated portion size | | |
|--|-----|------------------------|--------------|--|
| Breakfast <i>7-hours before kick-off (08:00)</i> | | | | |
| Granola with Greek yoghurt, banana & honey | | | | |
| Jordans Crunchy Oat Granola | 50 | 1/2 | bowl | |
| Total Greek 0% yoghurt | 120 | 3 | tablespoon | |
| Banana | 120 | 1 | medium fruit | |
| Honey | 30 | 1 | tablespoon | |
| Omega-3 | 4 | 4 | capsules | |
| MEAL 2 | g | Estimated portion size | | |
| Pre Match Meal <i>3-hours before kick-off (12:00)</i> | | | | |
| Baked sea bass with basmati rice & broccoli | | | | |
| Basmati rice | 300 | 3 | serving | |
| Sea bass | 80 | 1 | fillet | |
| Broccoli | 100 | 5 | medium stalk | |
| Apple juice, banana & cherry active | | | | |
| Apple Juice | 200 | 1 | small glass | |
| Banana | 120 | 1 | medium fruit | |
| Cherry Active | 1 | 1 | sachet | |
| Pre Match Snacks <i>1 - 3-hours before kick-off (12:00 - 14:00)</i> | | | | |
| Caramel rice cake | 28 | 2 | rice cakes | |
| Pre Warm Up <i>0.5 - 1-hour before kick-off (14:00 - 14:30)</i> | | | | |
| Pre Exercise Supplement | 1 | 1 | scoop | |
| Jelly Beans | 10 | 10 | bean | |
| Post Warm Up / Pre Kick Off <i>0 - 0.5-hours before kick-off (14:30 - 15:00)</i> | | | | |
| Sports Drink | 200 | 1 | small cup | |
| Half time <i>5-mins before kick-off</i> | | | | |
| Jelly Beans | 10 | 10 | bean | |
| Sports Drink | 400 | 2 | small cup | |
| Second half | | | | |
| Sports Drink (mouth rinse) | 400 | 2 | small cup | |
| MEAL 3 | g | Estimated portion size | | |
| Recovery Phase 1: shake immediately after the match | | | | |
| Recovery shake | 1 | 1 | serving | |
| Recovery Phase 2: Post-match meal 1-hour post match | | | | |
| Chicken skewers | 80 | 2 | skewers | |
| Pitta bread pizza | 160 | 2 | slices | |
| Granola Bar | 17 | 1 | bar | |
| Soup | 120 | 1 | cup | |
| Milkshake | 300 | 1 | cup | |
| Cherry Active | 1 | 1 | sachet | |
| Recovery Phase 3: 3-hours post-match | | | | |
| Blueberry muffin | 1 | 1 | muffin | |
| Milkshake | 450 | 1 | bottle | |
| MEAL 4 | g | Estimated portion size | | |
| Recovery Phase 4: Evening Meal | | | | |
| Bowl of soup & bruschetta <i>Rosso Restaurant Manchester</i> | | | | |
| Zuppa Del Giorno | 180 | 1 | serving | |
| Bruschetta | 1 | 1 | slice | |
| Penne Alla Bolognese & Legumi Misti | | | | |
| Penne Alla Bolognese | 1 | 1 | portion | |
| Legumi Misti | 140 | 1 | stalk | |
| (Steamed vegetables) | | | | |
| Before Bed | | | | |
| Strawberry & banana milkshake | | | | |
| Semi skimmed milk | 400 | 2 | small glass | |
| Total Greek 0% yoghurt | 160 | 4 | tablespoon | |
| Banana | 60 | 1/2 | medium fruit | |
| Strawberry | 100 | 10 | medium fruit | |