### NUTRITIONAL PERIODISATION - WEEK 1

<table>
<thead>
<tr>
<th>LOAD</th>
<th>Food Functions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Low energy expenditure (kcal), low carbohydrate oxidation (g/min) &amp; limited muscle damage</td>
</tr>
<tr>
<td>2</td>
<td>Moderate energy expenditure (kcal), carbohydrate oxidation (g/min) &amp; muscle damage</td>
</tr>
<tr>
<td>3</td>
<td>High energy expenditure (kcal), carbohydrate oxidation (g/min) &amp; muscle damage</td>
</tr>
</tbody>
</table>

**AIM:**
Align the menu & food/snack provision at the club to the competitive & training calendar in such a way to provide certain nutrients that will improve performance, recovery & adaptations.
### Nutritional Periodisation

#### One Game Week

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Match Day</td>
<td>MD+2</td>
<td>MD-4</td>
<td>MD-3</td>
<td>MD-2</td>
<td>MD-1</td>
<td>MD</td>
<td>MD+1</td>
</tr>
<tr>
<td>Load</td>
<td>5/10</td>
<td>8/10</td>
<td>6/10</td>
<td>4/10</td>
<td>10/10</td>
<td>2/10</td>
<td></td>
</tr>
<tr>
<td>Training Aim</td>
<td>RECOVER</td>
<td>ADAPT</td>
<td>ADAPT</td>
<td>RECOVER</td>
<td>PREPARE</td>
<td>PERFORM</td>
<td>RECOVER</td>
</tr>
</tbody>
</table>

**Intensity**
- Green: RECOVER
- Red: ADAPT
- Orange: PREPARE
- Gray: PERFORM
- White: RECOVER
<table>
<thead>
<tr>
<th>Day</th>
<th>Mealtimes</th>
<th>Breakfast</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Build 3</td>
<td>Fruit: Pear, Apple, Clementine, Orange, Plum, Kiwi, Fruit Salad, Sliced Avocado, Berries, Mixed Dried Fruit</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Build 3</td>
<td>Peanut Butter, Almond Butter, Nuts &amp; Seeds, Spreads: Honey, Strawberry Jam, Vegetables: Roasted Vine Tomatoes, Sundried Tomatoes, Grilled Mushrooms, Fruit: Pear, Apple, Clementine, Orange, Plum, Kiwi, Fruit Salad, Sliced Avocado, Berries, Mixed Dried Fruit</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Build 3</td>
<td>Sliced Chicken Breast, Smoked Salmon, Sliced Lean Beef, EGG STATION: Omelette, Poached &amp; Scrambled Eggs, Dairy: Semi Skim Milk, 0% Greek Yoghurt w/ Fruit Compote, Almond &amp; Soya Milk, Cereals: Chia &amp; Bulgar Bowl, Granola, Oatmeal, Quinoa Porridge, Muesli, All Bran, Breads: Granary, Wholemeal, Rye, Pancakes (gluten free) &amp; Blueberry Compote</td>
</tr>
<tr>
<td>Thursday</td>
<td>Build 3</td>
<td>Match Day Strat, High CHO, CHO/Pro Combo, Moderate GI, High Protein</td>
</tr>
<tr>
<td>Friday</td>
<td>Fuel 2</td>
<td>Match Day Strat, High CHO, CHO/Pro Combo, Moderate GI, High Protein</td>
</tr>
<tr>
<td>Saturday</td>
<td>Fuel 4</td>
<td>Match Day Strat, High CHO, CHO/Pro Combo, Moderate GI, High Protein</td>
</tr>
<tr>
<td>Sunday</td>
<td>Other</td>
<td>Match Day Strat, High CHO, CHO/Pro Combo, Moderate GI, High Protein</td>
</tr>
</tbody>
</table>

**Breakfast Menu**

**Monday**
- **MD+2**
- **MD-4**
- **MD-3**
- **MD-2**
- **MD-1**
- **MD**
- **MD+1**

**Tuesday**
- **RECOVER**
- **ADAPT**
- **ADAPT**
- **RECOVER**
- **PREPARE**
- **PERFORM**
- **RECOVER**

**Wednesday**
- **Moderate CHO**
- **High CHO**
- **High CHO**
- **CHO/Pro Combo**
- **Match Day Strat**
- **High CHO**

**Thursday**
- **Low Gl CHO**
- **Mod/High Gl**
- **Mod/High Gl**
- **Moderate Gl**
- **High Protein**

**Friday**
- **High Pro**
- **High Pro**
- **High Protein**
- **Easily Digestible**
- **Anti-Inflammatory**

**Saturday**
- **High Omega**

**Sunday**
- **High Omega**

**Juice**
- Watermelon & Apple Juice
- Orange & Mango Juice
- Kiwi & Apple Juice
- Orange & Mango Juice

**Smoothie**
- Spinach, Apple & Avocado
- Spinach, Beetroot, Banana & Apple Juice
- Spinach, Banana & Frozen Berries
- Beetroot, Spinach, Banana & Apple Juice

**Build 1**
- Sliced Chicken Breast

**Build 2**
- Smoked Salmon

**Build 3**
- Sliced Lean Beef

**Build 3**
- EGG STATION: Omelette, Poached & Scrambled Eggs
- Dairy: Semi Skim Milk, 0% Greek Yoghurt w/ Fruit Compote, Almond & Soya Milk

**Fuel 1**
- Cereals: Chia & Bulgar Bowl, Granola, Oatmeal, Quinoa Porridge, Muesli, All Bran

**Fuel 2**
- Breads: Granary, Wholemeal, Rye

**Fuel 3**
- Banana Bread

**Fuel 4**
- Spreads: Honey, Strawberry Jam

**BOOST**
- Vegetables: Roasted Vine Tomatoes, Sundried Tomatoes, Grilled Mushrooms, Fruit: Pear, Apple, Clementine, Orange, Plum, Kiwi, Fruit Salad, Sliced Avocado, Berries, Mixed Dried Fruit

**BOOST**
- Vegetables: Roasted Vine Tomatoes, Sundried Tomatoes, Grilled Mushrooms, Fruit: Pear, Apple, Clementine, Orange, Plum, Kiwi, Fruit Salad, Sliced Avocado, Berries, Mixed Dried Fruit

**Other**
- Peanut Butter, Almond Butter, Nuts & Seeds,