



MATCHDAY MEAL PLAN RECOMMENDATION

Hola! The school wants our players feeling their absolute best when it comes to their weekly matches. In hopes of this, we have designed a meal plan to provide an idea to players and parents on how to correctly fuel their bodies.

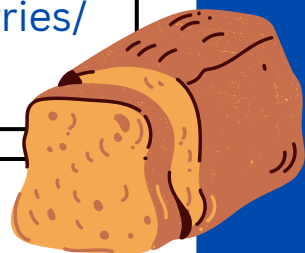
*DISCLAIMER: This is a guide and the players do not have to follow it strictly. The school will not be responsible for any incidents that occur in regards to following this guide.



Before Kick-Off

- DRINK PLENTY OF WATER (AT LEAST 8 GLASSES/2 LITRES EACH DAY)
- GET SUFFICIENT SLEEP (8 TO 10 HOURS)
- AVOID SPICY FOODS
- AVOID FOODS THAT ARE RARE FROM USUAL DIET
- CONSUME CARBS (MAIN ENERGY FUEL FOR FOOTBALL) E.G. RICE, BREAD, PASTA, NOODLES

Morning Match (2 to 3 hours before) Meals should include Carbs + Ingredients	
<u>Carbs</u>	<u>Suggested Ingredients</u>
Porridge	Fish Slices/Shredded Chicken/Eggs/Tofu/Diced Carrots/Sweet Potato
Sandwich (Preferably Wholemeal Bread)	Lettuce/Tomato/Eggs/Ham
Toast (Preferably Wholemeal Bread)	Butter/Eggs/Avocado Spread/Baked Beans
Oatmeal/Cereal	Strawberries/Blueberries/Bananas/Nuts



Afternoon Match (3 to 4+ hours before) Meals should include Carbs + Ingredients	
<u>Carbs</u>	<u>Suggested Ingredients</u>
Rice (Preferably brown/mixed rice)	<ul style="list-style-type: none"> • Green Veggies (e.g. Spinach/Long Beans) • Sources of Protein (e.g. Eggs/Lean Chicken/Fish/Tofu) • Others (e.g. Potatoes/Sweet Potatoes/Carrots/Mushrooms)
Pasta (Preferably wholemeal) e.g. Tomato, Aglio Olio, Bolognese	



Pre-match Snack (30mins to 1 hour before)

Only necessary for players with low energy levels during matches/hungry

- Fruits (e.g. Bananas, Apples and Dried Fruits)
- Easily digestible Carbs (e.g. White Bread and sandwiches)(Avoid spreads like peanut butter and avocado)



Hydration and Snack Options During Matches

- Water
- Isotonic and Sports Drinks like 100 Plus, Pocari Sweat and Gatorade
- Coconut Water
- Electrolyte Tablets
- Gummy Candy (If Hungry)



Post-Match

- **HAVE A MEAL HIGH IN EASILY-DIGESTIBLE CARBS (E.G. WHITE RICE, WHITE PASTA) AND PROTEINS (E.G. FISH, CHICKEN, PORK, EGGS, TOFU)**
- **TRY TO HAVE THE MEAL WITHIN 2 HOURS OF POST-MATCH. IF UNABLE TO, CONSUME EASILY-DIGESTIBLE CARBS SNACKS (E.G. WHITE BREAD, WHITE SANDWICHES)**
- **REHYDRATE (E.G. WATER, (FLAVOURED) MILK)**

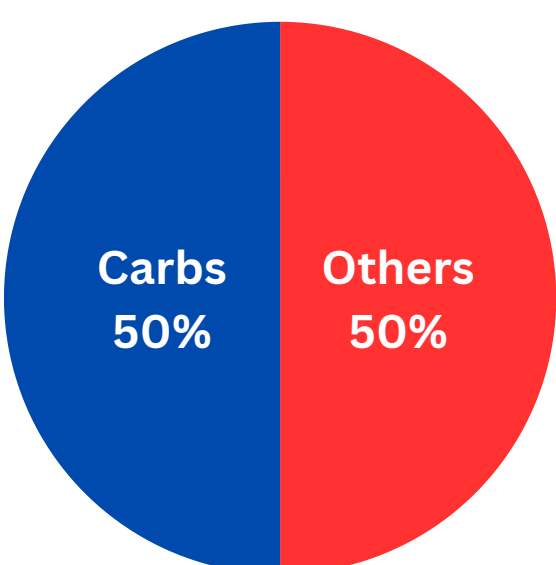
Portion Sizes

THESE ARE THE GENERAL GUIDELINES FOR EACH MEAL FOLLOWING THE SUGGESTED MEAL PLAN, THEY CAN BE ADJUSTED ACCORDINGLY TO INDIVIDUAL PREFERENCES

FOOD EXAMPLES:

- **CARBS: RICE, BREAD, NOODLES, PASTA**
- **PROTEINS: MEATS, EGGS, TOFU**
- **OTHERS: GREEN VEGGIES, CARROTS, POTATOES**

Pre-Match



Post-Match

