

Snack list

- Aim to have at least 3 snacks a day
- Bring a large lunch box with you every day.
- Put in 3 proteins and 3 carbohydrates into the lunch box

Proteins : (pick 3)

- Boiled egg x 2
- Snack pot of beans
- Nut butter (peanut/almond/cashew – Meridian/kelkin)
- Houmus
- Yogurt – high protein (Glensk/Fage/Skyr)
- Nuts – Almonds/walnuts/hazelnuts/brazil nuts
- Small can of tuna/ salmon/sardines
- Cheese (cottage/mozzarella/ low fat spreadable cheese-philedelphia/laughing cow)
- Turkey/chicken slices

Carbohydrates : (pick 3)

- Fruit – all kinds
- Dried fruit – apricots, cranberries, prunes
- Crackers – oat/rice/corn/cream crackers
- Bread – brown soda/oat/wraps/pitta.
- Cereal – Porridge/wheetabix/low sugar granola (Lizi)

Combining carbohydrates and proteins :

- Toasted pitta + beans
- Fruit and yogurt
- Cereal and milk
- Crackers and cheese
- Nuts and dried fruit
- Brown bread and turkey/tuna

These are also good recovery snacks for after training. Add a glass of low fat milk