

## **Breakfast**

- Eggs - ( scrambled with butter or fried in olive oil or omelette with meat, onion and tomato)
- Fruit/Veg - (apples , oranges , carrots - any fresh fruit or vegetables)
- Fat source - (avocado, nuts ,carrots , olive oil) - NO salted packaged peanuts

## **Lunch**

- Salad - (lettuce, tomato, onions, peppers, carrot)
- Meat - (tuna, turkey, ham, chicken, salmon)
- Olive oil dressing
- Fresh fruit

## **Dinner**

- Meat – ( Fish, pork, steak, beef , chicken, turkey )
- Vegetables – ( carrots , parsnips , sweet potatoes , asparagus etc)
- Fat source – ( oils, butter, avocado)
- Eat 1 gram protein per pound or body weight ( 200gm per 90kg)
- Eat protein and fats with every meal/ snack e.g. - Handful of nuts with some chicken and fruit

## **Pre training**

- Consume 200-300 calories per hour prior to training
- Take in mostly carbohydrates ( fruit / veg)
- Keep meal low in fibre
- Include protein – (Meat / Eggs)
- Hydrate well
- EXAMPLES – Fruit and eggs ( Melon, Banana, peaches)
- Applesauce and protein powder
- Baby food incl meat
- Sports bar with protein

## **Post – training**

- Eat 30 minutes after training
- Replace expended carbohydrates
- Rehydrate
- Provide amino acids for resynthesis of protein to repair damage
- Replace electrolytes ( salts )
- Reduce acidity by eating fruit/vg

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