

# Breakfast

OPTIONS

- > Natural muesli with fresh or canned fruit in juice and low fat yoghurt/milk
- > Wholegrain toast with poached eggs, baked beans and a glass of fruit juice
- > Hot oats made with trim milk and a piece of fruit or juice

## Hot Tip

IF TRAVELLING - pack a combination of fresh fruit, milk drinks or fruit juice carton with low fat yoghurt, cereal bars, creamed rice or sandwiches



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# Morning Tea

OPTIONS

➤ Dried fruit and raw nuts



➤ Wholegrain crackers with tuna

➤ Low fat yoghurt and fresh fruit

➤ MILO with low fat milk

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# Lunch

OPTIONS

- > Wholegrain bread rolls or wrap filled with hummus, lean meat/canned fish/egg and salad ingredients
- > Pasta/rice with tuna and vegetables



## Add

a piece of fruit and/or low fat yoghurt to each option

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# TRAINING

## *Pre Training*

Good snacks one hour prior to training may include:

- > Sandwiches
- > Fruit toast with peanut butter and jam
- > Yoghurt
- > Milky MILO with a banana
- > Muesli bars
- > Fruit



Try a smoothie 1-2 hours before if you struggle to train with food in your stomach

## *During Training*

- > Drink a bottle of water.

You may need a sports drink if over 60-90 minutes of training.

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# TRAINING

## *After Training*

- > After intense training consume some carbohydrate immediately e.g.
  - > Sports drink
  - > Jelly lollies
  - > Pikelet
  
- > To improve recovery it is recommended to consume some protein around 20 minutes after finishing training e.g.
  - > Pottle of yoghurt
  - > Glass of milk
  - > Milk based smoothie

Especially when your next meal is more than 1 hour away.



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# Dinner

OPTIONS

- Lean meat or chicken and vegetables with pasta and tomato-based sauce
- Steamed or grilled fish with homemade wedges and salad
- Lean meat or chicken and vegetable stir-fry with rice or noodles
- Lean steak, potatoes and 3 vegetables or salad



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# Supper

- Milk-based pudding and fruit
- Fresh fruit and low fat yoghurt
- Protein rich smoothie



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