

HIGH ENERGY EATING PLAN

The below menus are examples of high energy eating plans to help you with a few ideas. Pick out only the things you know your child likes and will eat.

Meal	1	2	3	4
Breakfast	Large bowl muesli/cereal & ½ pint semi skimmed milk handful of raisins glass fruit juice	Smoothie bought/home made 1 toasted teacake gall fruit juice	2 weetabix & ½ pint semi skimmed milk chopped banana glass fruit juice	2 pancakes sliced banana and honey glass skimmed milk
Post training am (recovery nutrition)	2 slices malt loaf low fat yoghurt fruit fresh/tinned	Glass skimmed milk Nutrigrain elevenses bar Fruit fresh/tinned	Chewy bars Glass skimmed milk	Bagel or muffin Small milkshake
Lunch	Jacket potato with beans or tuna & grated cheese Muller rice type dessert Banana	Baguette/panini with chicken, sweetcorn 2 sliced malt loaf dried fruit & nuts	2 tuna or ham salad sandwiches low fat yoghurt fruit fresh/tinned	Tortilla wrap with chicken and vegetables Low fat yoghurt Apple
Pre training snack	Chicken salad sandwich Fruit fresh/tinned	Scrambled eggs on toast Fruit fresh/tinned	Jacket potato and beans Grapes	Chicken salad sandwich Banana
Post training pm	Low fat yoghurt Apple	Jaffa cakes Fruit Carton of milk	Carton drinking yoghurt Grapes	Carton of milk Apple Cereal bar
Evening meal	Spaghetti Bolognese Mixed berry salad Low fat ice cream	2 egg omelette grilled potato waffles beans & salad rice pudding with raisins	Pork chop, potatoes, peas, carrots and broccoli Banana and low fat custard	Jacket potato & chilli Salad Low fat rice dessert
Optional supper	Bowl of cereal with skimmed milk	Ovaltine drink & 2 plain biscuits	Low fat yoghurt Nutrigrain elevenses bar	Toasted teacake and jam Glass of milk.