



New Zealand Talent Development Programme 2010-2011

Oct/Nov/Dec

Performance Nutrition – Suggested Food Ideas

Saturday		
Meal/Task	Time	Ideas/Requirements
Breakfast	By 8.00am	1 cup Cereal (see selection below) 1 Pottle Yoghurt OR 250ml Trim Milk 1 Fruit Portion (1 fresh or ½ cup tin/frozen or ¼ cup dried) + 1-2 pieces Wholegrain Toast with Spreads (your choice) + 250ml Juice or Milo (2tsp) with Trim Milk + 250ml Water
AM Snack	10.00am	Choose 1 snack from the list or just 1 Fruit (E.g. Banana) if not hungry
Training Fuel & Fluid Warm Up Testing	10.45am 11.00am	Estimated 60mins of warm up and testing Aim to drink 750ml Water during this block
Lunch	1.00pm	1-2 Sandwiches/Wraps/Pitas Pottle Yogurt/Dairy Food or 250ml Flavoured Milk (Tetra Pack) 1 Fruit (see more details below)
PM Snack	3.30pm	Choose 1 snack from the list
Dinner	5.30pm	1-2 cups Carbohydrate 150-200g Protein 2 cups Vegetables/Salad (See more details below) <i>Easy quick meal E.g. Med baked/microwaved potato, ½ tin Mild Chilli Beans, topped with diced tomato, red pepper, cucumber and light sour cream with green salad</i>
Supper	8.00pm	Choose 1 snack from the list

Sunday		
Meal/Task	Time	Ideas/Requirements
Breakfast	By 8.00am	1 cup Cereal (see selection below) 1 Pottle Yoghurt OR 250ml Trim Milk 1 Fruit Portion (1 fresh or ½ cup tin/frozen or ¼ cup dried) + 1-2 pieces Wholegrain Toast with Spreads (your choice) + 250ml Juice or Milo (2tsp) with Trim Milk + 250ml Water
AM Snack	10.45am	Choose 1 snack from the list
Lunch	12.00pm	1-2 Sandwiches/Wraps/Pitas Pottle Yogurt/Dairy Food or 250ml Flavoured Milk (Tetra Pack) 1 Fruit (see more details below)
Games You will need 2 bottles – 1 for water and 1 for sports drink	1.00-3.30pm	<p><u>Fuel and Fluid:</u> Estimated between 4-6x 1/4s + warm up and cool down (90-120min)</p> <p>Aim to drink a total of 750-1000ml fluid</p> <ul style="list-style-type: none"> • After warm up aim to drink approx 200ml Water (2 large mouthfuls) • After each ¼ drink approx 200ml Horley's Replace (2.5 scoops into 750ml Water) OR ¼ bottle Powerade • Sip on Water as extra fluid when required <p><u>Recovery:</u> within 30mins drink 500ml Water, eat 6 Lollies (Jet Planes or Snakes) and drink 1x Up and Go Energize</p> <p>If still hungry can choose another option from the snack list (E.g Weight Watchers Cereal Bar)</p>
Depart	4.00pm	



BREAKFAST CEREAL SELECTION

Low fat, Wholegrain Cereals (providing >6g fibre/100g and <6g fat/100g), eg Weet-Bix, Just Right, Light and Tasty, Special K, Hubbards Low Fat Muesli, Hubbards Outward Bound (no coco pops or toasted mueslis or nutragrain)

SNACK SUGGESTIONS

1 fruit portion (1 fresh or ½ cup tin/frozen or ¼ cup dried) and choose 1 from below

1-2 Slices Burgan Fruit Bread with Marg
Pottle Yoghurt/Dairy Food
250ml Flavoured Milk (Low fat<2g/100ml) – Meadow Fresh
1 English Muffin/ Muffin Split with 1 tsp Honey or Jam
4 Vita Wheats or 1 Row Rice Crackers or 4 Corn Thins with 85g Tuna/Salmon or 2 tbsp Cottage Cheese
Cereal Bar (Weight Watchers/Pams/Signature Range)
Small handful Raw Nuts (low carb option, also high fat, not suggested for after training)
Small handful Nuts and Raisins
100g tin Creamed Rice (Low Fat)
1/2 cup Wholegrain Cereal and ½ cup Trim Milk
Small Fruit Muffin or Scone
1-2 Small Pikelets with 150g pottle Yoghurt
1 Wholegrain Sandwich with Spreads

LUNCH

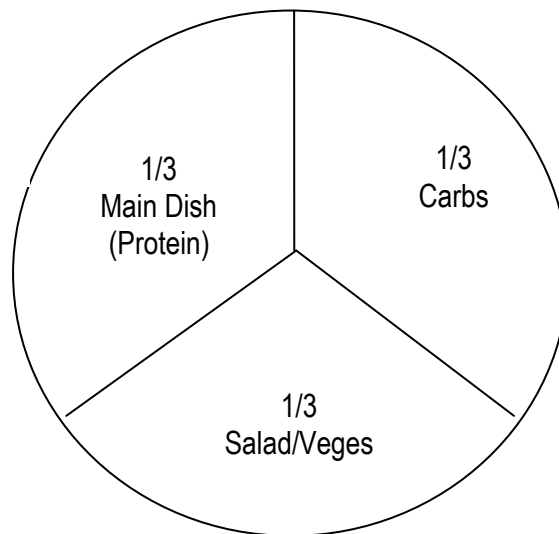
1. Carbohydrate (Bread) 2-4 slices or 1-2 bagel or 1-2 pita or 1-2 wraps			
Brown	Wholemeal	Mixed Grain	Soy and Linseed
Wholemeal Bagel	Wholemeal Bread Rolls	Wholemeal Pita Bread	Fruit Bread
Rye	Wholemeal Lebanese Bread	Wholemeal Mountain Bread	Gluten Free
2. Protein (50g) palm portion or 2 slices meat or ¼ chicken breast or 85g tin fish			
Chicken Breast	Turkey	Ham	Tuna
Roast Beef	Salmon	Tofu	2x Egg
3. Sandwich Filling (add at least 4 of these)			
Carrot	Alfalfa	Red Capsicum	Beetroot
Tomato	Bean Sprouts	Green Capsicum	Celery
Lettuce	Baby Spinach	Yellow Capsicum	Mushrooms
Cucumber	Onions	Sun Dried Tomato	Olives
4. Flavour (x1)			
Avocado, 1 Tbs (20g) = 3g Fat	Light Mayo, 1 Tbs (20g) = 3g	Hummus, 1 Tbs (20g) = 3.5g Fat	Tsatsiki 1 Tbs (20g) = 2g Fat
Wholegrain Mustard 1 Tbs (20g) = 0g Fat	Chutney & Relish, 1 Tbs (20g) = 0-1g Fat	Lite Cream Cheese 1 Tbs (20g) = 3.5g Fat	Avocado Spread - 1 Tbs (20g) = 4g Fat
5. Flavour/Cheese (x1) Males & Females: 20g serve only (1 tbsp, 2 thin slices)			
Cottage Cheese	Feta Cheese	Edam Cheese	

In addition 1 Fruit 1 fresh or ½ cup tin/frozen or ¼ cup dried			
Banana	Orange	Apple	Pear
Kiwi Fruit (x2)	Grapes (1 cup)	Plums (x2)	Peaches
Mandarin (x2)	Berries (1 cup)	½ cup tin/frozen	¼ cup dried
In addition 1 pottle fruit flavoured yoghurt or diary food (low fat <2g/100g)			

DINNER

Dinner Serving Sizes

- 150-200g meat/chicken/fish/beans/lentils per person
- 2 cups vegetable/salad
- 1-2 cup cooked rice or pasta or cous cous or 1 large potato or 2 wraps or 2 pita



Sliced bread can be provided as an extra for those athletes who have high energy needs