

Produced by Dane Baker (NZRD) | Sports Dietitian | Swimming NZ | High Performance Sport NZ | 2011





## 25-30g Carbohydrate options + added protein

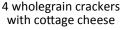


+ 6-8 rice crackers



1 x English muffin <u>or</u> 1 x toast (sandwich slice) + thin spreads Jam or Peanut butter







Breakfast cereal + milk 1 cup cereal + milk (flakes) <u>or</u> 3/4 cup low fat muesli <u>or</u> 3/4 cup Porridge (raw) <u>or</u> 2 weetbix

+ low fat milk







1 x Muesli bar + 1 x fruit yoghurt





odles with peanut butter neat <u>or</u> 2 x English muffin <u>or</u> 2 x crumpets



or 2 x English muffins Handful fruit & nuts or 2 x crumpets + banana



One square meal 1x bar



440g can creamed rice

1 rows rice crackers

90g can lean meat

Breakfast cereal + milk + Glass of juice 5-6 x weetbix <u>or</u> 1.5 cups muesli <u>or</u> 1.5 cups Porridge

or 2 cups flakes

Breakfast cereal + milk 3 x weetbix 1 cup muesli 1 cup Porridge 1.5 cups flakes

(Choose one)



1 bagel at cream cheese 1 x yoghurt

440g can baked beans

2 x slices toast

750ml sports drink

220g can creamed rice

2 x muesli bars

+ 2 x yoghurts



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90g tin of tuna / chicken

+ 1 row of rice crackers + 1 x fruit (large)

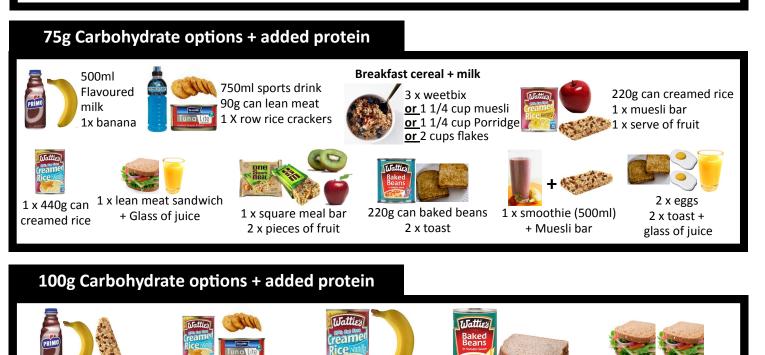
2 x sandwiches

- lean meat & salad filling

3 x slices toast +

+ 2 x eggs

+ Tall glass of juice

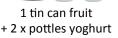


440g can creamed rice

1 x banana

500ml of flavoured milk 1 x banana 1 x muesli bar





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