

Sample Day



BREAKFAST



**Muesli with
fruit & yoghurt**



**Toast with
banana + peanut
butter**



**Porridge
with fruit**



**Fruit & yoghurt
smoothie**



Omelette

SNACKS



Apple



Nut/muesli bar



Yoghurt



Banana



**Roasted
chickpeas**

LUNCH



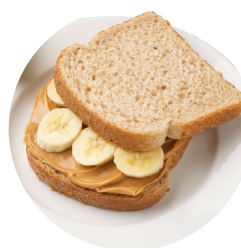
**Egg & lettuce
sandwich**



**Chicken & salad
wrap**



**Tuna & salad
sandwich**



**Peanut butter &
banana sandwich**



**Corn & veggie
fritters**

SNACKS



Mandarin



**Rice thins with
peanut butter**



Plain milk



Grapes



Almonds

Tips



THE HEALTHY
EATING CLINIC



Choosing nutritious foods & drinks can help improve your performance & recovery!



Nutritious snacks

Choose a variety of snacks from the 5 food groups to feel energised on competition day.



Keep hydrated

Water is the best choice for staying hydrated - make sure you bring a drink bottle with you!



Keep it cool

Pack your food in a lunchbox with an ice pack or frozen water bottle to keep it at a safe temperature.



Timing

Aim to have your breakfast 2-3 hours before your first game. Choose smaller, frequent snacks across the day rather than large meals.



Test your snacks

Trial your game day snacks with netball games leading up to the competition to avoid any surprise reactions to the foods.

Snack ideas



*the products shown on this resource have been selected independently and have not been sponsored.