

## 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
<b>Breakfast</b>	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
<b>Post training am (recovery nutrition)</b>	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
<b>Lunch</b>	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
<b>Pre training snack</b>	Chicken salad sandwich Fruit fresh/tinned	Scrambled eggs on toast Fruit fresh/tinned	Jacket potato and beans Grapes	Chicken salad sandwich Banana
<b>Post training pm</b>	Low fat yoghurt Apple	Jaffa cakes Fruit Carton of milk	Carton drinking yoghurt Grapes	Carton of milk Apple Cereal bar
<b>Evening meal</b>	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
<b>Optional supper</b>	Bowl of cereal with skimmed milk	Ovaltine drink & 2 plain biscuits	Low fat yoghurt Nutrigrain elevenses bar	Toasted teacake and jam Glass of milk.