

NUTRITION PLAYBOOK & WEEKLY PLAN

Nutrition Guide

The Non-League Network

OVERVIEW

Your bespoke Football Nutrition Playbook & Weekly Guide

Guide Principles

- **Carbs = Energy:** Half plate on hard days, less on recovery.
  Sources: oats, rice, pasta, potatoes, fruit.
- **Protein = Repair:** Portion size of your hand at every meal.
  Sources: chicken, fish, eggs, beans, yoghurt.
- **Fats = Support:** Small handful daily.
  Sources: nuts, seeds, avocado, olive oil, oily fish.
- **Hydration = Fuel:** 2–3L water/day; pale yellow urine = good.
  Add electrolytes if sweating heavily.
- **Timing Matters:**
  - Pre-training: carbs + light protein
  - Post-training: protein + carbs within 30–60 mins

WEEKLY NUTRITION TEMPLATE

Day Type	Breakfast	Snack	Lunch	Pre-Training / Pre-Match
Training Day (Moderate/Heavy)	Oats + fruit + yoghurt / Eggs + wholegrain toast	Nuts, rice cakes, fruit, yoghurt	Chicken + rice + veg / Tuna + pasta + salad	Banana + protein shake / Toast + peanut butter
Recovery / Light Day	Same as above, smaller portions	Same	Smaller balanced meal	Light snack only if needed
Match Day	Carb-heavy breakfast: toast + peanut butter & banana / Oats + milk + fruit	Small carb snack if needed	Balanced lunch: pasta + lean meat + veg	2–3h pre-match: carb-heavy, light protein

Day Type	During	Post-Training / Post-Match	Dinner	Notes
Training Day (Moderate/Heavy)	Sip water; electrolytes if >60 mins	Pasta + chicken + veg / Protein smoothie + fruit	Salmon + sweet potato + veg / Stir-fry + tofu + rice	Adjust carbs to training intensity
Recovery / Light Day	Water	Protein + small carb portion	Lighter dinner	Focus on hydration & quality, not volume
Match Day	Water every 15–20 mins; electrolytes if hot	Chicken + rice + veg / Smoothie with protein & fruit	Balanced dinner: moderate protein + veg + carbs	Half-time snack: banana, rice cake, or small energy gel

Quick Tips / Habits

1. **Batch Cook:** Proteins, carbs, and veg for the week
2. **Pre-Prep Snacks:** Easy grab-and-go options
3. **Adjust Portions:** Heavy session = bigger meals; light session = smaller meals
4. **Avoid Empty Calories:** Alcohol, fizzy drinks, junk food
5. **Consistency > Perfection:** Small wins daily add up

WEEKLY NUTRITION TEMPLATE



Hydration Checklist

- Morning: 300–500ml on waking
- Pre-training/match: 400–600ml 1–2h prior
- During: Sip every 15–20 mins; electrolytes if hot
- Post: 500ml–1L immediately
- Bonus: Hydrating foods – watermelon, cucumber, oranges, berries



Optional Additions

- Whey protein, electrolytes, fish oil if diet lacking
- Tart cherry juice or chocolate milk post-match for recovery
- Pre-training carbs = energy, post-training protein + carbs = recovery



Pro Player Tip

Protein = Recover stronger | Carbs = Train & play harder | Fats = Stay healthy & sharp

Follow this template daily, and your training, match performance, and recovery will improve naturally.



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