HEALTHY CHOICES

MEAL DEAL EXAMPLES

Pre-Game Carbohydrate Boost (50g Carbohydrate, 10g Protein)

Vaalia Yoghurt + Banana

Post –Match Recovery Meal Deal (50g Carbohydrate, 20g Protein)

Toasted ham, cheese, tomato sandwich + apple + water

Post –Match Recovery Meal Deal (50g Carbohydrate, 20g Protein)

Baked potato with baked beans & reduced fat cheese + water

Healthy Snack Meal Deal Option (1200kJ)

Chicken & salad wrap + fruit + water