

Gymnastics Nutrition Guidance



Nutritional Strategies for Gymnastics Training

Example 2: 1 training session after school

Breakfast options:



2 eggs
boiled/scrambled/poached on
2 slices wholegrain toast



150g Greek yoghurt with 50g
muesli and fruit



Blueberry Bircher's muesli



wholegrain bagel with nut
butter



2 toast with 1/2 avocado
mashed



50g porridge oats made with
milk topped with 5 toasted
walnuts and 1 tspn honey

Morning: Snack choice:



2 oatcakes with topping e.g
cream cheese/houmous or nut
butter



150g Greek yoghurt with
berries and 1 tablespoon honey



3 dates and 5 brazil nuts



milk based drink such as latte or
small carton flavoured milk
with piece of fruit



matchbox size portion of
cheese and apple



60g houmous or mackerel pate
with vegetables

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Lunch options: PORTION CARBOHYDRATE/PORCION PROTEIN/SALAD OR VEGETABLES; FOLLOWED BY FRUIT

Some examples include:

- 1) 1 x large wholemeal pitta with 60g houmous and vibrant salad with tomatoes, cucumber, leaves, avocado, grated carrots and beetroot, serve with balsamic vinegar or lemon/lime juice.
- 2) Serving of vegetable and bean hot pot (recipe) with ½ jacket or baked sweet potato
- 3) 1 x medium jacket potato with 200g (half a large can) of baked beans and salad.
- 4) Homemade pizza (see recipe)
- 5) Salmon wrap (see recipe)
- 6) Roasted veg Brushetta (see recipe)
- 7) 1 bowl Homemade soup (see recipe ideas below) served with 3 oatcakes
- 8) Tuna melt – slice one wholemeal ciabatta or sourdough roll in half; spread 1 small can (75g) tuna evenly between both halves. Top with 30g grated cheese and place under a medium grill for a few minutes until the cheese has melted. Top with sliced cucumber, serve immediately

Mid - afternoon: snack as morning prior to training

Evening meal: 1 portion carbohydrate/1 portion protein/ vegetables or salad



Followed by: 150g 0% natural fat free yoghurt with fruit or 300ml milk based drink

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