

# Gymnastics Nutrition Guidance



## Nutritional Strategies for Gymnastics Training

Example 1: rest day or low intensity menu

### Breakfast Options: choose one of the following:



Blueberry Birchers Muesli  
(recipe below)



150g Greek yoghurt topped  
with 2 handful berries, 8  
Brazil nuts and 1 tsp honey



1 thick sliced toast with 2  
eggs poached/boiled or  
scrambled served with grilled  
tomatoes



40g muesli topped with 100g  
Greek Yoghurt and fruit



fruit smoothie

### Mid-morning: protein snack – choose one of the following:



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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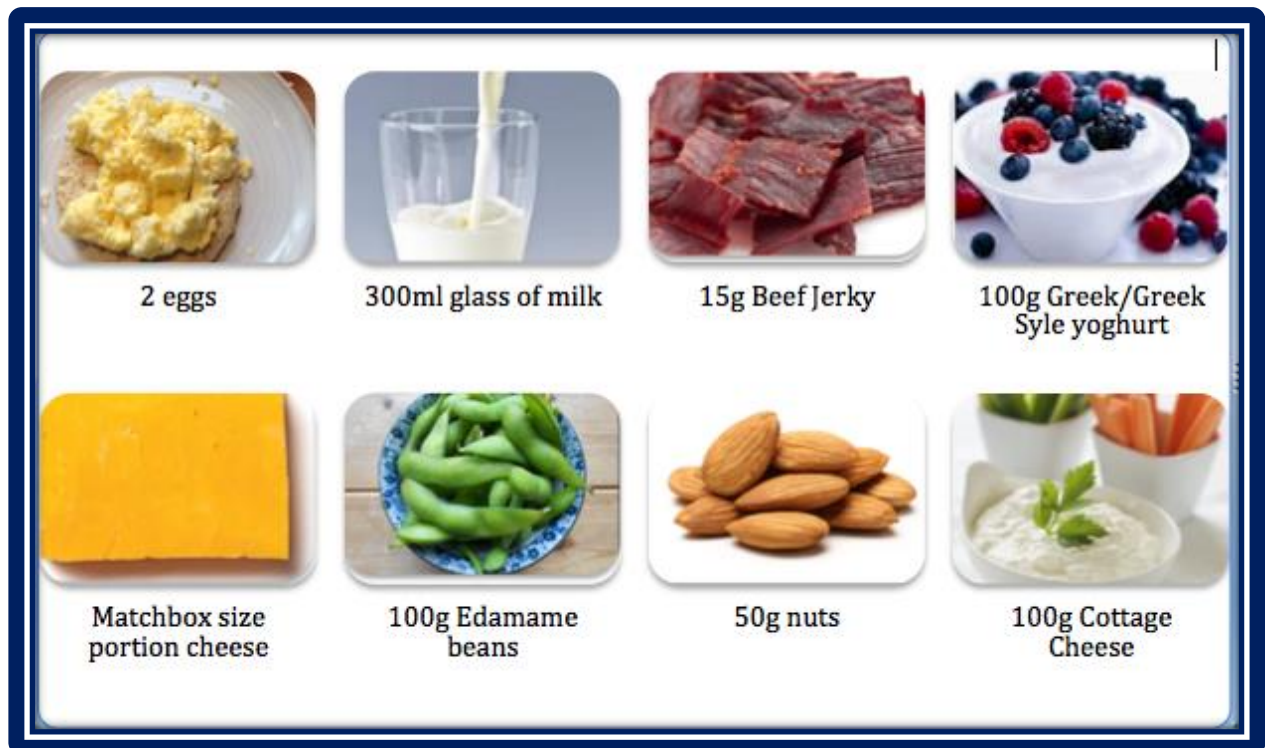


**Lunch option: PORTION OF CARBS/PORION OF PROTEIN AND SALAD OR VEG;  
FOLLOWED BY A PIECE OF FRUIT**

**Some examples include:**

- 1) 1 x large wholemeal pitta with 60g humus 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 below) 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 below)
- 6) Roasted veg Bruschetta (see recipe below)

**Mid-afternoon: 10g protein snack – choose one of the following**



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## **Evening meal: see examples below:**

- 100g salmon steaks with stir fry – try adding soya sauce, lime juice, chilli and coriander for added flavour – serve with one “nest” noodles or tea cup portion cooked wholegrain rice.
- 100g chicken breasts tossed into a salad – add toasted seeds and avocado for added protein and essential fatty acids plus 1 fist size portion potato or sweet potato baked and added to the salad
- 2x medium egg frittata with 30g feta cheese and vegetables to preference; serve with salad and 1 wholemeal pitta bread.
- Simple sausage casserole: chop up veg. – try courgettes, carrots, green beans, broccoli and place in an oven proof dish. Add chopped garlic and ginger for flavour (but optional) and also add to dish. Cut 2 medium uncooked but defrosted sausages into 2 inch pieces and add to dish. Pour over tomato based pasta sauce of your choice, add the same amount of water. Place cover on dish and put in a medium hot oven for 1 hour. Check all veg. and sausages cooked serve with a fist size baked potato.
- Mackerel and butternut squash fishcakes: peel and boil half a large butternut squash, mash with a small amount of skimmed milk; add in 1 x 150g tinned mackerel and herbs for flavouring. Shape into fishcake patties and place in fridge for 30 min. Remove and shallow fry in a non-stick frying pan, serve with salad and wholemeal pitta bread.

**Before bed: Followed by: 150g 0% natural Greek (style) yoghurt with fruit  
300ml milk based drink before bed**