

# EVENING MENU – HOTELS

## (Mississippi Million Suggestions)

### AFTER STAGE:

Try to have a recovery protein drink (mixture of carbs and protein for faster recovery) with 500ml water/milk  
 Weigh in: check if weight loss >1kg – try to minimize dehydration 1kg lost = 1.5L fluid needs – remember you still lose fluids when you stop exercising!

Mood foods – if you need a ‘pick me up’ at the end of the day ie: cup of tea, hot/cold chocolate drinks or equivalent that’s ok – its important to enjoy the day as well.

### THE GOAL FOR EVENING MEALS SHOULD BE TO CONSUME AROUND:

1200-1500kcal at in the evening – ideally as two small meals (ie: 6pm and 8.30pm)

Avoid junk food, overly processed foods or rich/sweet desserts (small amounts ok for calories)

Focus on carbohydrate intake (approx. 100-150g) – 2-3 serves

Focus on vegetable intake (1-3 serves)

Focus on protein – 1 large serve

If still hungry at end of day – try having a protein drink (High5 recovery, Ensure Plus) or a snack such as cottage cheese/oatcakes, or even a yoghurt with chia seeds as example

Alcohol – be sensible – especially core team – 1-2 units limited (red wine, small beer) – just be mindful of how this may affect the next day. Consider ‘treat’ days when resting.

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| <p><b>Carbohydrates</b><br/>2 serves</p> | <ul style="list-style-type: none"> <li>• <b>Mixed rice with added vegetables – can use basmati, wild, wholegrain, red, jasmin</b></li> <li>• <b>Fresh penne pasta – cold or cooked</b></li> <li>• <b>Cous cous, quinoa, mixed grains, lentil mixes, fast cook noodles</b></li> <li>• <b>Vegetable soups of choice (not packet)</b></li> <li>• <b>Sweet potatoes, chopped new potatoes, jacket potatoes</b></li> <li>• <b>Fresh pizza bases – try to avoid heavy pizzas (dominoes equiv.)</b></li> <li>• <b>Fruit and whey protein smoothies (if you are not feeling hungry)</b></li> <li>• <b>Fresh fruit of choice – as available</b></li> </ul> <p>Try to minimize intake of poor quality foods – chips, crisps, sweets, chocolate. Small desserts ok for additional calories.<br/>         Try to minimize intake of bread in evening – rely on other wholefoods – rice, vegetables, sweet potatoes</p> |
| <p><b>Protein</b><br/>1 serve</p>        | <ul style="list-style-type: none"> <li>• <b>Roasted chicken steaks</b></li> <li>• <b>Chicken escalopes (can be breadcrumbed)</b></li> <li>• <b>Fillet steak – pan fried</b></li> <li>• <b>Seabass, salmon steaks, fresh tuna, haddock or mackeral</b></li> <li>• <b>Chilli-chicken with vegetable stirfry</b></li> <li>• <b>Beef lasagna</b></li> <li>• <b>Quorn bolognase</b></li> <li>• <b>Whey protein shakes – can use Ensure Plus drinks as well</b></li> </ul>   |
| <p><b>Salad/Veg</b></p>                  | <ul style="list-style-type: none"> <li>• <b>Make your own salad bowl if available</b></li> <li>• <b>High quality, fresh salad vegetables – tomatoes, lettuce, cucumber, sprouted seeds, spring and red onions, celery, red/yellow peppers, grated carrots + olives, avocados,</b></li> </ul>   |

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|                        | <p><b>feta</b></p> <ul style="list-style-type: none"> <li>• <b>Mixed leaves – spinach, rocket, lettuce – small dash of olive oil/ balsamic/lemon/lime/mixed herbs useful</b></li> <li>• <b>Selection of seasonal vegetables (fresh): spinach, kale, broccoli, courgettes, carrots as applicable</b></li> </ul> <p>Limit use of dressings and sauces</p>   |
| <b>Fruit /desserts</b> | <p><b>Seasonal fresh fruit as applicable – bananas, apples, oranges, satsumas, grapes etc.</b></p> <ul style="list-style-type: none"> <li>• <b>Selection of low fat fruit yoghurts if applicable</b></li> <li>• <b>Low fat ice cream</b></li> <li>• <b>Apple pie pots (small serve)</b></li> <li>• <b>Fruit cheesecake (small serve)</b></li> <li>• <b>Blueberry and ice cream pancakes (1-2)</b></li> </ul> <p><b>Can be useful to increase calorie intake – but don't overdo it – be mindful of the next day!</b></p> |
| <b>Drinks</b>          | <ul style="list-style-type: none"> <li>• <b>Chilled bottled water (non-fizzy)</b></li> <li>• <b>Fresh fruit juices – orange, cranberry, apple</b></li> <li>• <b>Herb and fruit teas</b></li> </ul> <p><b>Minimise or avoid intake of tea/coffee in evening</b></p>  |