

LUNCH

(Mississippi Million Suggestions)

THE GOAL FOR LUNCH SHOULD BE TO CONSUME AROUND:

600-800kcal at lunch

Avoid high fat, fried or heavy foods – remember you are doing another 4 hour rowing bout after

Focus on carbohydrate intake (approx. 60-80g) – 2 serves

Focus on protein – 1 medium serve

Focus on hydration – sip on electrolyte/sports drink solution (500ml) – especially if you haven't maintained strategy over morning session

Avoid any caffeine!

Fruit/yoghurts for desserts if needed – minimize heavy calories/desserts/cola

Avoid fizzy drinks if you can (the occasional coke ok) – obviously no alcohol

Carbohydrates 2 serves	<ul style="list-style-type: none"> • Fresh pasta – cold or cooked • Mixed rice with added vegetables – can use basmati, wild, wholegrain, red, jasmine • Wholegrain bread – sandwiches of choice (cold meats, tuna, humus, jams) – minimize use of cheese, mayo • French sticks, baguettes, bagels, pita ok • On-the-go snack pots – ie: cous cous, quinoa, noodles, rice • On-the-go breakfast pots – ie: oats so simple, porridge pots, muesli pots • Fruit loaf, genoa cake, fruit bars or flapjacks • Fruit – see below • Oatcakes, crackers <p>Minimise or avoid: crisps, chocolate bars, burgers, any fast foods, pizzas – these could affect afternoon session</p>
Protein 1 serve	<ul style="list-style-type: none"> • Grilled or BBQ chicken breast – hot or cold • Roasted salmon steaks – hot or cold • Cold lean meats – hams, turkey, beef, even pepperami • Whey protein shakes – can use Ensure Plus drinks as well • Mixed nuts (brazils, almonds, walnuts, seeds) – useful to add to pasta bowls • High5 Protein bars or equivalent eg: trek bars • Feta or cottage cheese – can be useful with salads – but not high intake
Salad/Veg	<ul style="list-style-type: none"> • Fresh salad bowls/pots where applicable – small dash of olive oil/ balsamic or lemon useful • Vegetable dips if applicable – carrots, peppers etc.
Fruit & yoghurt	<p>Seasonal fresh fruit as applicable – bananas, apples, oranges, satsumas, grapes etc.</p> <ul style="list-style-type: none"> • Selection of low fat fruit yoghurts if applicable
Drinks	<ul style="list-style-type: none"> • Chilled bottled water (non-fizzy) • Flavoured and nutrient waters – manjago drinks, diluted fruit juices