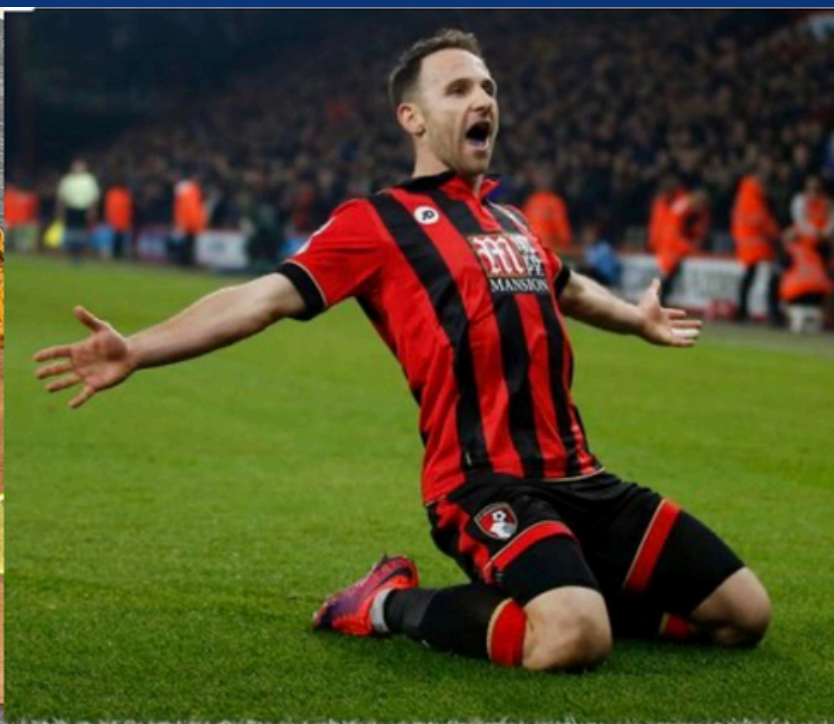




A HEALTHY ATHLETE MAKES A GREAT ATHLETE



MEALS FOR OPTIMAL HEALTH,
PERFORMANCE, AND RECOVERY



League
Football
Education

The Foodie Footballer



Introduction

Over the course of my 18 year career as a professional footballer, I began to realise that peak performance doesn't start on the pitch - it starts in the kitchen and with the way you live your life on a daily basis. Throughout my playing career, I learnt first-hand how critical proper nutrition is, not only for sustaining energy and recovery but for overall well-being. I'm passionate about fuelling the body with the right foods because I've experienced the transformative power of nutrition, both in sport and in life. What we eat has a direct impact on how we feel, think, and perform. Now, as The Foodie Footballer, my mission is to inspire others to make healthier choices, using the lessons I've learnt as an athlete to help others optimise their lives through mindful eating and balance. Whether you're a professional athlete, weekend warrior, or just looking to improve your lifestyle, I believe that nourishing the body with the right foods is a game-changer.



The Foodie Footballer



I have added some easy-to-make recipes in this PDF, tailored specifically for footballers. These recipes focus on providing the right balance of macronutrients to fuel training sessions, enhance recovery, and promote overall well-being. Whether you're looking for pre-match energy boosters, post-training recovery meals, or snacks to keep you going throughout the day, each recipe is designed with performance and recovery in mind. By incorporating these meals into your routine, you'll be able to nourish your body with the essential nutrients it needs to stay strong, recover faster, and perform at your best, both on and off the pitch. Improving the small percentages when it comes to your routine, sleep, nutrition, hydration and mindset will make a huge difference to your performance both mentally and physically.



The Foodie Footballer



MEAL PREP FOR SUCCESS



Meal prepping is a game-changer for aspiring footballers looking to optimise your nutrition and performance. The physical demands of the sport require consistent fuelling. Having balanced meals prepared in advance ensures you're getting the nutrients you need when you need them. By planning and prepping meals, you will avoid making unhealthy choices in the moment.

Meal prepping also helps to regulate portion sizes, manage macronutrient balance, and save time during busy training schedules. The majority of the meals in this PDF are great options to be prepped in advance.



FAIL TO PREPARE

**PREPARE
TO FAIL**



The Foodie Footballer



MEAL PREP FOR SUCCESS



With all the meals, especially the breakfast options, feel free to use your milk of choice. I like to use a variety of different ones for different health benefits. Sometimes I will use, soya or almond and then other times I will go for cows milk to mix things up. Providing the body with different vitamins and minerals on a daily basis will lead to better health. All meals can be prepped in advance and stored in the fridge in an airtight container for 3-4 days.

Finally, do not take your fuelling for granted - it can be the difference between success and failure. Football is a short career so make the most of every opportunity, every training session, and most importantly, play with a smile on your face and enjoy the rollercoaster ride.

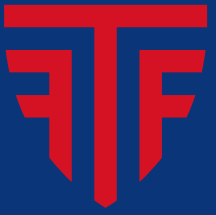
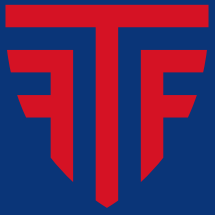


MAKE IT

COUNT



The Foodie Footballer



DRINKS FOR OPTIMAL HEALTH AND RECOVERY



[@thefoodiefootballer](https://www.instagram.com/thefoodiefootballer)

LEMON AND PINK HIMALAYAN SALT WATER

Benefits For Your Body.

Detoxification

Aids in detoxification and enhances the body's natural mechanisms.

Antioxidant Intake

Supplies antioxidants to fight radicals and inflammation.

Natural Electrolyte

As we sleep, we lose salt so starting your day with 500ml of water, the juice of a full lemon and a pinch of Himalayan salt will help replenish your stores

www.thefoodiefootballer.com



Ginger Shots

INGREDIENTS

- 500 g ginger chopped loosely
- 200 ml water
- 2 fresh lemons juice only
- 1 pinch turmeric per shot
- 1 pinch black pepper per shot

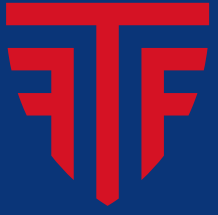
PREPARATION

1. Chop the ginger into small chunks
2. Place in a blender with the water and blitz for around 45 seconds.
3. Place a sieve over a mixing bowl then add the contents from the blender into the sieve.
4. Squeeze the pulp to release all the juice through the sieve and into the mixing bowl below.
Persist with this, it can take some time but it's amazing how much juice you can squeeze out.
5. Add the juice of 2 fresh lemons to the mix.
6. Serve in a small glass with a pinch of ground turmeric and ground black pepper- the amount you have is completely up to you.
7. Store in an airtight container in the fridge for up to 1 week. Alternatively, freeze in an ice cube tray and defrost when needed.
8. I personally don't like to waste the pulp left over from the ginger. It is an optional extra to line a tray with parchment paper and roll the pulp into balls. (no bigger than the size of a golf ball)
9. Place in the freezer. Once frozen, you can make your own ginger tea using the balls and a tea pot with infuser. I like to add some sliced lemon and honey.





BEETROOT JUICE



BEETROOT JUICE

Nitrates in beetroot can improve blood flow and oxygen to tired muscles.



Simply, juice the fresh beetroot along with a couple of apples. Alternatively, if you prefer to buy beetroot juice, there are some really good ones on the market - 'beet it' and 'cawston press' are my favourites.



League
Football
Education

@thefoodiefootballer



**PRE MATCH
RECIPES -
PERFECT
3 HOURS BEFORE
A GAME OR
TRAINING**



INGREDIENTS

Ingredients

- 1 large egg
- 125 ml soy milk or milk of choice
- 2 tsp honey
- 1 tsp cinnamon
- 2 slices brown sourdough
- 2 tsp organic butter or oil of choice

Toppings

- blueberries
- natural yogurt get a good gut friendly one
- maple syrup
- mixed seeds
- peanut butter

Serves 1

Healthy French Toast

HOW TO MAKE IT

- In a large shallow bowl, whisk the egg. Next add the soy milk, cinnamon and honey. Whisk again until well combined.
- Heat a large skillet on a medium heat.
- Add 2 tsp of butter to the pan until melted.
- Dip two thick slices of brown sourdough into the mixture for 15 seconds each side making sure to coat both sides equally. Add the two slices of bread to the pan with the melted butter and cook until golden brown on both sides. This should take around 1-2 minutes each side but keep an eye out.
- Once cooked, serve the french toast with toppings of choice. I went for blueberries, natural yogurt, peanut butter, maple syrup, mixed seeds and hazelnuts.



Healthy Pancakes

Serves 1

Ingredients

- 90g Oats
- 1 Banana
- 2 Eggs
- 120 ml Soy Milk (Or milk of choice)
- 1 tbsp Honey
- 1 tsp Coconut oil

Toppings

- Maple syrup
- Mixed seeds/nuts
- Fruit
- Honey
- Peanut butter



Directions

- Add the oats, banana, eggs, milk and honey to a blender and blitz until smooth.
- Heat a big frying pan until hot.
- Once the pan is hot, add the coconut oil and distribute the mixture evenly creating 4 pancakes. Cook for about 45 seconds or until bubbles start to appear on the surface of the pancake then flip over and cook for a further 30 seconds.
- Serve the healthy pancakes and enjoy with toppings of choice.

Dairy free porridge

Serves 1



Ingredients:

- 60g porridge oats
- 250ml of soya milk
- Handful of walnuts
- 1 banana (sliced)
- Handful of blueberries
- Handful of raspberries
- 1 tbsp of peanut butter
- Big drizzle of honey

Instructions:

1. Place the porridge oats and almond milk into a pan and cook on a medium-low heat for 4-5 minutes stirring regularly. (or until it reaches your desired consistency)
2. Top with sliced banana, blueberries, raspberries, walnuts, peanut butter and a drizzle of honey



POST MATCH RECIPES



[_thefodiefootballer](https://www.instagram.com/_thefodiefootballer)

Ingredients

Peanut butter Chicken Served with Thai Noodles

Peanut satay chicken

4 Chicken breasts
Salt and pepper

Marinade

1 Red chilli
2 Spring onions
3 tbsps peanut butter
1 Lime juice only
4 Garlic cloves
1 Thumb size pieces of ginger
2 tbsps Honey
2 tbsps Soy sauce
1 Pinch of pepper
1 tbsp Avocado oil

Thai noodles

250 g Wholewheat medium noodles
2 Red chillies deseeded and finely chopped
3 Garlic cloves finely chopped
1 Thumb sized piece of ginger peeled finely chopped
3 Spring onions finely chopped
6 Baby corn chopped
5 tbsps Soy sauce
2 tbsps Honey
1 tbsp Peanut butter

Serves 4 and a great meal for prepping



Method

1. Pre heat the oven to fan 200.
2. Score the chicken with a sharp knife and place in a large bowl. Season with a good pinch of salt and pepper.
3. Add all the marinade ingredients to a blender and blitz until smooth. Pour over the chicken – rub the marinade into the chicken really well.
4. Make sure the chicken is at room temperature before cooking. Place on some parchment paper and roast in the oven for 18-20 minutes depending on the size of your chicken breast. Allow to rest for 5 minutes before serving.
5. 10 minutes before the chicken is done, cook the noodles according to instructions before draining and setting aside.
6. Heat a wok on a medium – low heat before adding a 1 tbsp of oil followed by the red chillies, spring onion, garlic, sweetcorn and ginger. Sauté for a few minutes until softened and fragrant.
7. Add the 5 tbsps soy sauce, 2 tbsps honey and 1 tbsp of peanut butter to a bowl. Whisk well. Add the noodles to the wok before pouring in the soy, honey and peanut butter sauce. Mix well with some tongs before turning off the heat.
8. Serve the chicken on the bed of Thai noodles with a side of tender stem broccoli and top with fresh red chilli and spring onion

Chicken Bolognese

Serves 4 and a great meal for prepping



Method

1. Heat a large skillet on a medium-low heat. Add the oil, onions and carrots and soften for 5 minutes.
2. Add the peppers and garlic – continue to sauté for a further 5 minutes.
3. Throw in the chicken mince and brown all over making sure to break it up with a wooden spoon. Once browned, add the paprika, ground coriander and tomato puree. Continuously stir for 1 minute.
4. Pour in the red wine – stir well until it has evaporated.
5. Add the chicken stock, passata, Worcestershire sauce, fresh tomatoes, Italian herbs and season with a pinch of salt and pepper. Stir well before bringing to the bubble. Once bubbling, reduce the heat to low and simmer for around 40 minutes or until the sauce has thickened.
6. Once the sauce has thickened, turn off the heat. Add the lemon juice and stir through some freshly chopped basil.
7. Serve with wholewheat spaghetti.

Ingredients

- 2 Onions (chopped)
- 2 Carrots (chopped)
- 2 Peppers (chopped)
- 1 bulb Garlic (peeled and chopped)
- 500 g Chicken mince
- 2 tsps Paprika
- 2 tsps Ground coriander
- 2 tbsps Tomato puree
- 100 ml Red wine
- 500 g Passata
- 4 Fresh tomatoes (chopped)
- 300 ml Chicken stock
- 2 tbsps Worcestershire sauce
- 1 tbsp Italian herbs
- 1 pinch Salt and pepper
- 1 Lemon (juice only)
- 1 handful Fresh basil (finely chopped)
- 2 tbsps Extra virgin olive oil

Asian Inspired Salmon

4 servings

INGREDIENTS

4 x Salmon fillets

Marinade

5 tbsp Soy Sauce

3 tbsp Honey

1 x Red Chilli (finely chopped)

1 x Thumb sized piece of ginger (grated)

5 x Garlic cloves (grated)

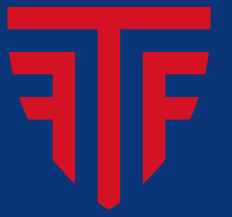
1/2 x Lemon (juice only)

1 tsp Paprika

1 x Pinch of Pepper

INSTRUCTIONS

1. Pre heat the oven to fan 190.
2. Place the salmon in a large baking dish
3. Add all the marinade ingredients to a separate bowl and whisk well before pouring over the salmon and coating well.
4. Next, pour three quarters of the marinade into a small pan before placing the salmon fillets in to the oven. Bake for 9 - 10 minutes.
5. Place the small pan with the marinade on a medium-low heat, stirring occasionally until nicely thickened. This will take around 6-7 minutes.
6. Spoon the marinade over the salmon before serving.
7. Serve with rice, sweet potato and greens.



HEALTHY SNACKS



League
Football
Education



[@thefoodiefootballer](https://www.instagram.com/thefoodiefootballer)

PEANUT BUTTER CUPS

MAKES 12

Ingredients

Base

140 g oats

70 g peanut butter

60 g maple syrup

Filling

120 g peanut butter

Topping

90 g Dark chocolate (70% cocoa or above)



Instructions

1. Add the oats, 70 g of peanut butter and 60 g of maple syrup into a large bowl. Stir well and divide the mixture between 8 silicone muffin holes (or alternatively use cupcake cases) Press down well using the tips of your fingers and place in the freezer for 20 minutes until set.
2. After 20 minutes remove the tray from the freezer. Divide 120 g of peanut butter evenly between the 8 oat bases, spooning a layer on to the top of each. Place back into the freezer for another 20 minutes.
3. Take the tray out of the freezer. Break the dark chocolate into a small microwavable bowl. Place in the microwave for 30 seconds, remove, stir and then place back in for another 30 seconds until fully melted. Divide the melted chocolate between each cup and use a spoon to evenly spread.
4. Place the tray into the fridge for 10 minutes until the chocolate has set. At this point you can remove them from the silicone tray and store in the fridge for up-to a week... but trust me, they won't last long.

HOMEMADE GRANOLA

Ingredients

270 g Oats

3 tbsps Smooth peanut butter

3 tbsps Maple syrup

2 tbsps Chia seeds or seeds of choice

2 Heaped tablespoons of almonds

2 Heaped tablespoons of cashews

2 Heaped tablespoons of raisins

1 Handful of chopped dried apricots optional

Instructions

Pre heat the oven to fan 180

Add the oats, seeds, cashews, almonds, raisins, apricots, maple syrup and peanut butter to a large bowl. Stir really well until combined.

Line a large baking tray with parchment paper – Tip the granola on to the parchment paper and spread in an even layer.

Bake in the oven for 10-12 minutes until golden, making sure to stir half way through.(Oven temperatures may vary so keep an eye out)

Allow to cool before storing in an airtight container. (This can be stored for up to 4 weeks)



8-10 SLICES

Healthy Banana Bread

Ingredients

200g oats

3 bananas

2 eggs

1 tbsp yogurt

5 tbsp honey

2 tsp baking powder

85g mixed nuts



Method

1. Pre heat the oven to fan 180

2. Add everything to a blender apart from the nuts and blitz for around 1 minute.

3. After 1 minute, add the mixed nuts and blitz for 5 seconds.

4. Line a banana bread tin with parchment paper. Pour in the mixture and place in the oven for 45-50 minutes. Ovens vary so keep an eye out.

5. Serve with a nice dollop of yogurt, peanut butter, mixed seeds, honey, strawberries and blueberries.

RESOURCES

 **Instagram** [_thefoodiefootballer](https://www.instagram.com/_thefoodiefootballer)

 **Website** www.thefoodiefootballer.com
(with free recipes)

 **Courses** [Online Courses](#)
(Footballer Specific)

 **Email** Marc@thefoodiefootballer.com