

FACT SHEET 1 GLASGOW SCHOOL OF SPORT PACKED LUNCHES FOR ATHLETES

Depleted glycogen stores can be a reason for fatigue in athletes and this is avoidable by ensuring you eat an adequate lunch. Access to this can be hit or miss so make sure you try to include high carbohydrate choices.



The Balance of Good Health

The Plate guide is a good way of planning your high carb packed lunch.

1 – Breads, Cereal and Potatoes

Pitta Breads	Flat Bread	Bagels	Tortilla Wraps	Rice cakes
Pasta Salad	Potato salad	Crumpets/ muffins	Creamed rice	2 minute rice

2- Fruit and veg

Vegetables and dips Prepacked fruit

3- Meat, chicken and fish

Lean choices where possible

4- Dairy foods

Include a yoghurt / milkshake / cheese

5- Snacks

These are the carb foods which are absorbed very quickly

Snack a jacks Cereal bars Jelly babies Wine gums Malt loaf

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Sandwiches

- Veggie Wrap -Flat bread with lower fat hummous and fresh veg / dried or fresh veg
- BBQ bagel – Barbequed meat or chicken fillet and peppers served on rocket leaves and sliced cucumber topped with natural yoghurt.
- Fruit and Herb – Cottage cheese mixed with herbs spread on fruit bread with slices of fruit on the top.
- Fillet of fish –mackerel/ tuna with lettuce /low fat tartare sauce.
- Chicken and corn relish
- Smoked salmon and water cress
- Cottage cheese walnuts and raisins and grated carrots
- Brie and cranberry sauce.

IDEAS: try horse radish / chutneys / salsa / pickles /mustard and fresh herbs

Instead of butter try using ricotta cheese/ cream cheese / avocado / peanut butter /relishes

Sandwiches

Meat / fish and alternative	Veg	Breads	Sauces and condiments
Cheese	lettuce	wholemeal	chutney
Cottage cheese	tomato	multigrain	Mustards
Low fat cheese	Cucumber	Rolls	Dried fruit / dates and apricots
Lean roast beef	Green pepper	Pitta breads	Tomato sauce
Tuna or salmon	Mushrooms raw or cooked	English muffins	Fruit
Chicken	beetroot	toast	Pickled onions
Eggs boiled	Sun dried tomatoes	Rice cakes	herbs
hummus	celery	any	Marmite
Lean ham	Asparagus		Sultanas
Turkey breast	Avocado	Rice crackers	Relishes

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Club sandwich

2 thick slices of bread toasted
1 slice of rye bread toasted
1 tabs low fat mayo
2 baby cos lettuce leaves
100g barbeque chicken / Turkey breast
1 slice lower fat cheese
50g lean ham
1 cucumber
Trim crusts off bread / spread lightly with mayo. To assemble alternate veg and meat

Vegetarian Roll up

1 tortilla roll
chick peas 100g
1 teaspoon cumin
½ tsp paprika
½ tsp lemon juice
1 tabs natural yoghurt
1 cup shredded lettuce
2 tomatoes cut into wedges
1 red onion diced
2 tabs garlic and chilli sauce

Lay out bread on a flat surface. Place chickpeas in a bowl and mash coarsely. Add cumin, paprika, lemon juice and yoghurt and mix to combine. Divide chickpea mixture among bread rounds and spread to cover the centre. Top with lettuce peppers, onions and tomatoes and drizzle with chilli sauce. Roll up to enclose and serve with salad.

Example of a balanced packed lunch

Pitta bread -Tuna and lower fat mayo / salad or filled roll and salad
Pasta salad
Snack a jacks
Yoghurt
Fruitini or fruit
Fruit juice or milkshake

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Plan your packed lunch

Breads and Cereals	
Meat, Fish and Alternatives	
Milk and dairy	
Fruit and Vegetables	
Fats and Sugars	