

Before

Eat a small meal containing breads and cereals, fruit, or vegetables 2–3 hours before play



During

Hydrate with water and snack on fruit if needed



Tips to fuel your game!



After

Refuel with a nutritious meal such as fruit smoothie, lean beef bolognaise or a simple chicken and salad sandwich



Always

Water is the drink of choice for health and sports performance benefits, and is the best way to rehydrate

Superfood smoothies



Green Goodness

Makes: 390ml smoothie

Serves: 1.5 serves of fruit
+ 1 serve of vegetable

Ingredients

1/3 cup of frozen/fresh avocado
Handful of spinach
1/2 banana
130ml of 99–100% apple juice

Mango Speed

Makes: 390ml smoothie

Serves: 2 serves of fruit

Ingredients

130ml of 99–100% pineapple juice
1/2 medium sized banana
1/3 cup frozen mango pieces
Ice (optional)

Always read the ingredient list on the food label for allergens.

Method

1. Combine ingredients in a blender.
2. Blend on high until creamy and smooth.

When using juice as an ingredient, look for products that are 99–100% fruit juice (no added sugar) and use in small amounts only. You can also substitute juice for milk for a smoothie higher in protein and calcium.

Recipes produced in conjunction with Bike n' Blend.

