

LOCKDOWN MEAL PLAN

For Youth Athletes

How to support your body in lockdown



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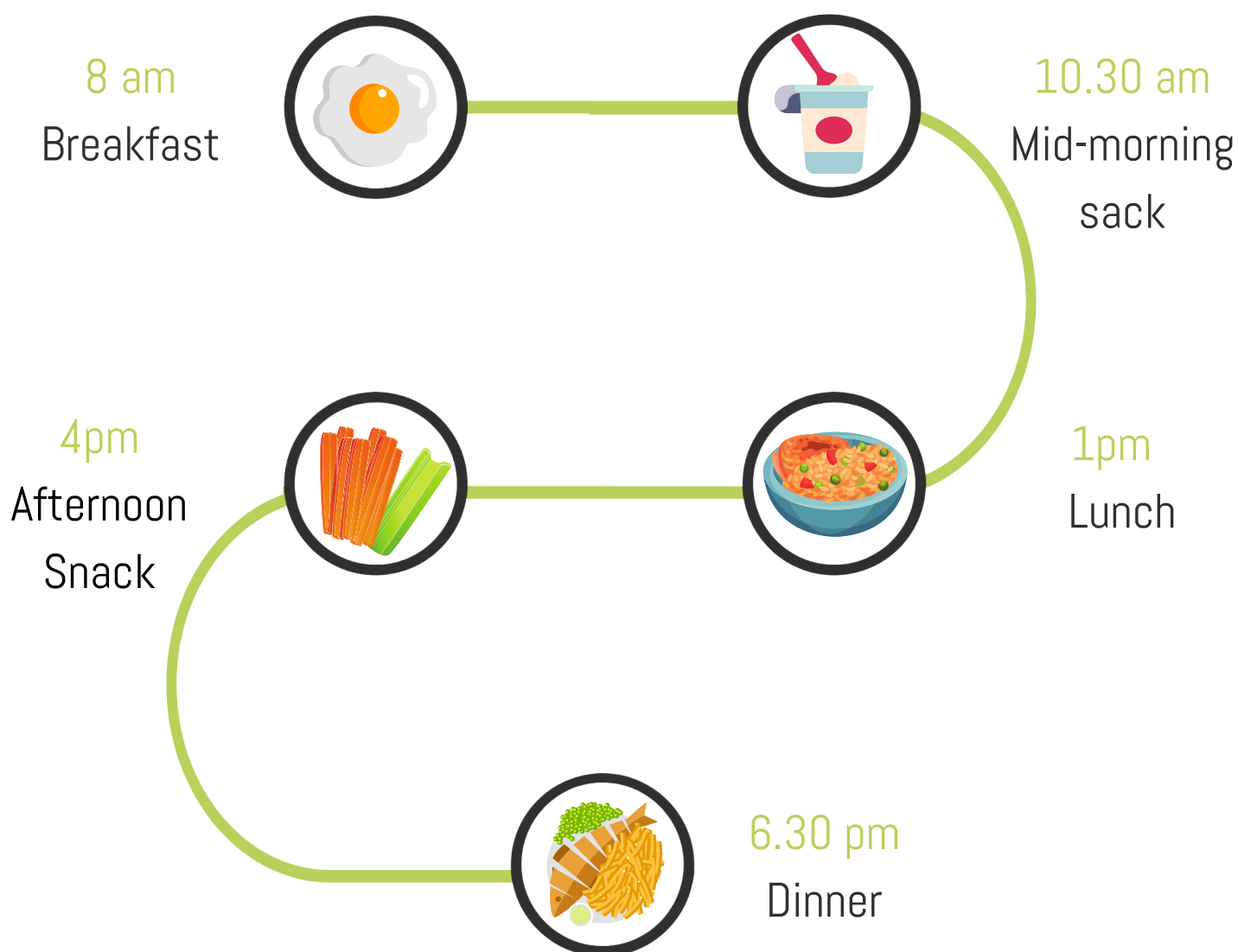
Youth Sport Nutrition



YOUTH SPORT
NUTRITION

With the UK back in lockdown, most youth athletes will have found their training and everyday routines completely changed. But one thing that doesn't have to change is good nutrition! Now is as important as ever to fuel your bodies well to support your health and keep you fit, strong and ready to get back to sports asap!

PLAN



Nutrition is key to keeping you healthy and in top form to return to training after lockdown. Because you're training less, your body won't need as many carbohydrates for fuel. Swap some of your starchy carbs for fruit and veg, which are packed with vitamins and minerals to support the immune system. Keep your protein intake high to prevent muscle loss and remember to stay hydrated too.

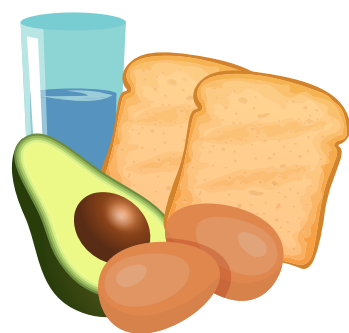
MEALS

BREAKFAST

With less training, it's the perfect time to get those healthy fats into the diet. This will fuel your body and brain for the day ahead and keep you feeling fuller for longer.

MEAL:

2 eggs scrambled on 2 slices of wholemeal toast + 1/2 an avocado + glass of water



MID-MORNING SNACK

To keep energy levels up for home-schooling, youth athletes still need to eat every 2-3 hours. Choose a snack that is high in protein to prevent muscle loss while training is reduced.

MEAL:

Skyr yogurt pot + handful of berries + glass of water



LUNCH

Spending more time at home means you have much more control over the foods you eat without relying on the school canteen. Choose a meal that's high in protein, with plenty of veg and a good source of complex carbs too.

MEAL:

Grilled cajun chicken with rice or quinoa + green beans & broccoli + glass of water



AFTERNOON SNACK

With no training sessions straight from school, swap your high carbohydrate afternoon snack for a high protein snack with a serving of fruit or veg too.

MEAL:

Veggie stick + hummus + glass of semi-skimmed milk

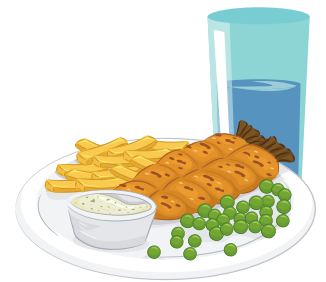


DINNER

Having more time at home means you can spend more time preparing your dinners. Why not try making your favourite takeaways? They taste just as good, but are much healthier and give your body everything it needs to fuel, grow and stay healthy.

MEAL:

Homemade Fish & Chips- breaded cod with sweat potato chips + peas + glass of water



OPTIONAL

BED-TIME SNACK

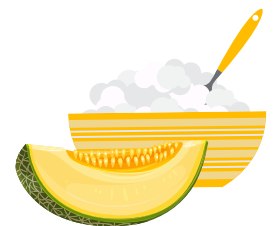
A snack before bed is perfect if you're still hungry at the end of the day. To keep your muscles growing and repairing overnight, this should be high in protein.

MEAL:

2 tablespoons of cottage cheese + 2 slices of melon (or any fruit)

TIMING:

30-60 minutes before bed



YSN KITCHEN APP

For more simple and delicious recipes download the free YSN Kitchen App. With 100+ recipes that are cheap, easy to make and taste amazing, it's the perfect app to fuel youth athletes in lockdown. Available on [iPhone](#) & [Android](#).

