



# RUGBY LEAGUE

## NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MEAL ONE 8.00 AM</b> <b>ROLLED OATS</b> (1cup raw oats) topped with Greek yogurt (170g) and raw almonds (2 handfuls) and a handful of blueberries. Optional: add 100ml milk.	<b>MEAL ONE 7.00 AM</b> <b>SCRAMBLED EGGS</b> (x2) on <b>TOAST</b> (x1) wholegrain or rye toast/ low fat spread and ½ avocado. Easy tip: make in microwave (1min).	<b>MEAL ONE 7.00 AM</b> <b>OMELETTE</b> with x1 whole egg & x4 egg whites with mixed vegetables of your choice.	<b>MEAL ONE 7.00 AM</b> <b>ROLLED OATS</b> (1 cup raw oats) topped with Greek yogurt (170g) and raw almonds (2 handfuls) and a handful of blueberries. Optional: add 100ml milk.	<b>MEAL ONE 8.00 AM</b> <b>SCRAMBLED EGGS</b> (x2) on <b>TOAST</b> (x1) wholegrain or rye toast/ low fat spread and ½ avocado. Easy tip: make in microwave (1min).	<b>MEAL ONE 7.00 AM</b> <b>POACHED EGGS</b> (x2) on <b>TOAST</b> (x2) wholegrain or rye toast/ low fat butter and ½ avocado.	<b>MEAL ONE 7.00 AM</b> <b>OMELETTE</b> with x1 whole egg & x4 egg whites with mixed vegetables of your choice.
<b>MEAL TWO 10.30 AM</b> <b>Musashi Bulk Protein Powder</b> (60g) mixed with 300ml water or 500ml skim milk and a piece of fruit (apple, banana, or orange).	<b>MEAL TWO 10.00 AM</b> <b>Musashi Bulk Protein Powder</b> (60g) mixed with 300ml water or 500ml skim milk and a piece of fruit (apple, banana, or orange).	<b>MEAL TWO 10.00 AM</b> <b>Musashi Bulk Protein Powder</b> (60g) mixed with 300ml water or 500ml skim milk and a piece of fruit (apple, banana, or orange).	<b>MEAL TWO 10.00 AM</b> <b>FRUIT SALAD TOPPED</b> with Greek yogurt, tsp of chia seeds and 1tsp sunflower seeds.	<b>MEAL TWO 10.30 AM</b> <b>PROTEIN SMOOTHIE</b> 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of <b>Musashi 100% Whey protein powder</b> .	<b>MEAL TWO 10.00 AM</b> <b>PROTEIN SMOOTHIE</b> 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of <b>Musashi 100% Whey protein powder</b> .	<b>MEAL TWO 10.00 AM</b> <b>Musashi Bulk Protein Powder</b> (60g) mixed with 300ml water or 500ml skim milk and a piece of fruit (apple, banana, or orange).
<b>MEAL THREE 12.30 PM</b> <b>TURKEY</b> (85g) <b>SANDWICH</b> made with whole grain bread or wrap mixed with lettuce, tomato and small layer of mayonnaise. Followed by a low fat Greek yogurt (150g).	<b>MEAL THREE 12.30 PM</b> <b>TUNA PASTA SALAD</b> Tin of Tuna (95g), spelt pasta (230g) with mixed green salad leaves (150g), tomato, avocado (½), topped with feta cheese and a drizzle of olive oil.	<b>MEAL THREE 12.30 PM</b> <b>GRILLED CHICKEN</b> breast diced (150g) with x1 sachet of microwave rice and broccoli (1 cup - steamed in microwave).	<b>MEAL THREE 12.30 PM</b> <b>TIN OF TUNA</b> (95g) with x1 sachet of microwave rice and 1 small tin of sweetcorn.	<b>MEAL THREE 12.30 PM</b> <b>SANDWICH OR ROLL</b> filled with protein of choice e.g. egg, chicken or cheese, topped with salad, beetroot, carrot and mayonnaise	<b>MEAL THREE 12.30 PM</b> <b>CHICKEN PASTA SALAD</b> topped with olive oil, fresh basil and ground pepper.	<b>MEAL THREE 12.30 PM</b> <b>LEAN BEEF STEAK BURRITO</b> Cut steak into finger length strips, fry with spice of choice, add capsicum and onion to the fry pan and cook further. Fill tortilla wrap with above and top with avocado, sour cream and fresh rocket.
<b>MEAL FOUR 3.30 PM</b> <b>GREEK YOGHURT</b> (200g) with a teaspoon of cinnamon, scoop of <b>Musashi 100% Whey protein</b> (15g) and a handful of berries.	<b>MEAL FOUR 3.00 PM Snack</b> <b>PROTEIN SMOOTHIE</b> 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of <b>Musashi 100% Whey protein powder</b> .	<b>MEAL FOUR 3.30 PM</b> <b>CHIA POD</b> and a handful of trail mix (dried fruit and nuts and a banana).	<b>MEAL FOUR 3.00 PM Snack</b> <b>PROTEIN SMOOTHIE</b> 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of <b>Musashi 100% Whey protein powder</b> .	<b>MEAL FOUR 3.30 PM</b> <b>SNACK BOX</b> Selection of raw vegetables e.g. carrot and celery with sliced cheese (40g) - Bega Country Vintage Light (50%) or Kraft Live Free Cheese. Handful of raw almonds and a glass of milk or water.	<b>MEAL FOUR 5.00 PM</b> <b>CHICKEN AND SALAD ROLL</b> with a large glass of water..	<b>MEAL FOUR 3.00 PM</b> <b>Musashi Protein Bar</b>
<b>MEAL FIVE 6.30 PM</b> <b>MUSHROOM RISOTTO</b> Risotto rice, mushrooms, vegetable stock, garlic, onion to flavour topped with parmesan.	<b>MEAL FIVE 6.30 PM</b> <b>LEAN STEAK</b> (250g) grilled or pan fried with spray oil alongside a mixed salad (4 cups) topped with a drizzle of olive oil and steamed sweet potato (200g).	<b>MEAL FIVE 6.30 PM</b> <b>BAKED POTATO TOPPED</b> with salad (3 cups) cheese (½ cup) and tuna (90g), sweet corn and light mayonnaise.	<b>MEAL FIVE 6.30 PM</b> <b>FAJITAS: CHICKEN</b> (130g) or <b>TOFU</b> (90g) with (x2 wholegrain wraps) mixed vegetables (capsicum red/ yellow, onion, asparagus, green beans) tomato salsa (low salt/ sugar).	<b>MEAL FIVE 6.30 PM</b> <b>GRILLED SALMON</b> (150-200g) with soba noodles, cucumber, edamame and carrots.	<b>MEAL FIVE 6.30 PM</b> <b>HOMEMADE LAMB SOUVLAKI OR KEBAB</b> Lamb, pitta bread, grilled vegetables and hummus or sauce of choice.	<b>MEAL FIVE 6.30 PM</b> <b>CHICKEN AND BROCCOLI PESTO PASTA</b> Grilled chicken breast, broccoli, and penne pasta, cooked with basil pesto topped with pine nuts.
	<b>MEAL SIX 8.00 PM optional</b> <b>FRUIT SALAD TOPPED</b> with Greek yogurt, tsp of chia seeds and 1tsp sunflower seeds.		<b>MEAL SIX 8.00 PM optional</b> <b>GREEK YOGURT</b> (120g) mix with 1 scoop (15g) <b>Musashi 100% Whey</b> and top with 1 handful of raw almonds.			<b>MEAL SIX 8.30 PM</b> <b>BANANA &amp; PEANUT BUTTER SMOOTHIE</b> 1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) <b>Musashi 100% Whey Protein</b> .

## RUGBY LEAGUE SUPPLEMENTS



TRAINING DAYS		GAME DAYS		DAILY SUPPLEMENTS	
UPON WAKING	ELECTROLYTES	UPON WAKING	ELECTROLYTES	ENERGY + HYDRATION	CREATINE + ELECTROLYTES + BETA ALANINE
45 MINS BEFORE TRAINING	PRE WORKOUT	UPON WAKING	ENERGY+CREATINE BAR	DRINKS	MUSASHI ENERGY RTD OR MUSASHI HYDRATE RTD
DURING TRAINING	AMINO RECOVERY	45 MINS BEFORE GAME	ENERGY+HYDRATION POWDER	SNACKS	ANY MUSASHI PROTEIN BAR
AFTER TRAINING	ANY MUSASHI PROTEIN POWDER	DURING GAME	ELECTROLYTES	PROTEIN SMOOTHIES	ANY MUSASHI PROTEIN POWDER OR PROTEIN RTD
BEFORE BED	SLEEP RECOVERY + ZMA+	AFTER GAME	ANY MUSASHI PROTEIN POWDER	REST & RECOVERY	ANY MUSASHI PROTEIN POWDER OR SLEEP RECOVERY
		BEFORE BED	SLEEP RECOVERY + ZMA+		