

PERFORMANCE MEAL WHEEL

SUPPORT

Fruit & Vegetables

Green	Spinach, broccoli, kale, watercress, cabbage
Orange	Carrots, sweet potato, cantaloupe, mangoes, butternut squash
Yellow	Citrus fruits, peppers
Red	Tomato, watermelon, pink grapefruit, red apples, red onions, pomegranates
Purple	Berries, grapes, raisins, aubergine, plums, beetroot
White	Onions, garlic, shallots, leeks, banana, cucumber, celery, mushrooms



RECOVER

Protein & Healthy Fats

Poultry	Chicken, turkey, duck
Red Meat	Beef, lamb, lean mince, pork, venison
Fish & Seafood	Cod, haddock, tuna, prawns Oily: Salmon, mackerel
Dairy & Eggs	Milk, yoghurts, milkshakes (low fat/low sugar), cheese, cottage cheese, eggs
Beans & Pulses	Kidney beans, baked beans, lentils, chickpeas
Nuts & Seeds	Nuts, seeds, nut butters
Vegetarian	Tofu, soya mince, Quorn



Support

Recover

Hydrate
Fluids

Fuel

Minimise Wear & Tear

Growth & Repair

Energy

FUEL

Carbohydrates

Wholegrains	Cereal, pasta, rice, cous cous, quinoa, bulgur wheat, oats
Potatoes	Baked, new, mashed, steamed, boiled, sweet potato
Breads	Bread, pita, rolls, wraps, English muffins, crumpets
Snacks	Malt loaf, currant buns, cereal bars

