# PERFORMANCE MEAL WHEEL





### **Fruit & Vegetables**

Green

Spinach, broccoli, kale watercress, cabbage

Orange

Carrots, sweet potato, cantaloupe, mangoes, butternut squash

Yellow

Citrus fruits, peppers

Red

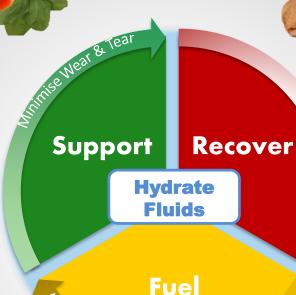
Tomato, watermelon, pink grapefruit, red apples, red onions, pomegranates

**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

### **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