



PROTEIN

Proteins are building blocks to building muscle. Eating a diet rich in protein can help maintain healthy muscles, bones & connective tissue. If you want to build muscle & drop body fat you should increase your protein intake and make sure you have it in each meal or snack!

MEAT

Food	Portion Size	Protein Content
Beef Steak	175g	42g
Lamb	190g	44g
Pork Steak	100g	30g
Chicken Breast	120g	37g
Turkey	150g	25g
Biltong	30g	15g

FISH (2-3 Portions a week)

Salmon	100g	23g
Cod Fillet	125g	23g
Prawns	160g	29g

DAIRY

Cottage Cheese	225g (carton)	13g
Greek Yoghurt	250g (1/2 carton)	25g
Milk	400ml	20g
Eggs	3	18g

Regular protein is very important to help you gain muscle mass!

Portion Size

One palm of protein per meal.



CARBOHYDRATES

Carbohydrates are foods that provide both slow and fast energy. To play sports such as rugby you heavily rely on carbohydrates to fuel your matches and hard training. They are also important to fuel growth and brain function!

AVOID CARBS

Before light training, in the evening before a light day

MODERATE CARBS

If goal is fat loss. Moderate intensity session. Snacks on fuel up day

USE CARBS

Before a hard session. Post workout & fitness. Day before a game

Suitable Carb Options

Porridge	Quinoa
Granola (homemade)	White Potatoes
Rice	Sweet Potatoes
Noodles	Seed Breads
Couscous	Fruit & Root Veg

Portion Size

One fist of carbs per meal.



FATS

Offer slow release energy and are vital for many body processes and cell structures. Good fats are very high in calories so should only be enjoyed in moderation.

THE GOOD



MONO & POLY UNSATURATED FATS

Avocado, raw nuts, organic nut butter, free range eggs & lean meats. Oily fish e.g. salmon, mackerel & tuna

THE BAD



SATURATED FATS

Cheese, lard, butter, fatty cuts of red meat. Any fats that are solid at room temperature.

THE UGLY



TRANS FATS

Preservatives created in the processing of foods to increase shelf life. Found in shop bought cookies, pies, cakes etc.

Portion Size

One thumb of good fats per meal





FRUIT & VEG

Simple rule of thumb is to include a variety of fruit and veg at all meals and snacks. Rich in natural sugars, minerals and vitamins

GREEN	Digestive health, healthy eyes & improved immune function.
YELLOW	Improved heart health, decreased blood pressure & healthy skin.
PURPLE	Improved heart health & improved brain function.
RED	Reduced blood pressure, improved skin & cell health.
WHITE	Improved digestive health & immune function

Portion Size

No set size, just eat as much as you want!





SUPPLEMENT SAFETY

As a player of UBRFC, you could be randomly tested at any point by BUCS.

You are 100% responsible for any substances present in your samples. Violations carry bans of up to 4 years from all training, coaching and matches.



IGNORANCE IS NOT AN EXCUSE; IT IS YOUR BODY & YOUR RESPONSIBILITY.

AS A RULE

If we the product is not recommend, sourced, or informed sport then **DO NOT USE IT!**