

**Rugby Canada
Snacks Draft
September 2008**

**** Before the first training session, you should consume an easily digested meal that combines carbohydrates and protein**

**** You should leave for training with at least two snacks –one for between sessions and one to be consumed immediately after the last session**

**** You should not rely on your lunch as the “immediately after the last session” snack**

**** When making choices consider what will feel easy for you to digest**

Before Training

1 egg plus 2 egg whites

2 slices of flax bread

¾ cup steel cut oats

Berries, raisins or cranberries

Slivered almonds or pumpkin seeds

1 tsp ground flax seed (opt.)

Milk or milk alternative

Maple syrup (if needed)

3 slices of flax bread

Natural Peanut butter, almond or cashew butter, sunflower or pumpkin seed butter

Fruit juice sweetened jam, apple butter, apple sauce, maple syrup, or honey

Shake

- 2 scoops Whey (or alternate protein powder)
- 1 cup yogurt
- 1 banana
- Water
- 1 tbsp ground flax seed
- Berries (optional)



“Health from the inside out”

Dr. Kimberly McQueen BSc, ND

Naturopathic Physician

Apple Health, 205-2590 Cadboro Bay Rd, Victoria BC, V8R 5J2

w:active-health.ca, Kim McQueen Inc.

½ cup muesli
Milk or milk alternative
1 piece of fruit

2-3 No-flour pancakes

- Blend -4 egg whites, 1 tbsp olive oil, ½ cup water, 1 cup raw large-flake oatmeal
- Stir in cinnamon and/or berries, cranberries, raisins –opt.

Cook in frying pan

Breaks and Post Training (before lunch)

Premade shake

- See recipe above (can reduce to 1 scoop=30g of Protein powder)
- Can blend using a mason jar and then for easy transport replace blender blades with lid

Elev8 Me Bar
Apple or Pear
Banana

6 oz mixed berries
¾ cup plain yogurt
½ cup granola

Cottage cheese
½ cup yogurt
2 pieces of fruit

Boiled eggs
Cold pasta salad, Thai noodle salad, or Quinoa tabouli



"Health from the inside out"

Dr. Kimberly McQueen BSc, ND
Naturopathic Physician

Apple Health, 205-2590 Cadboro Bay Rd, Victoria BC, V8R 5J2
w:active-health.ca, Kim McQueen Inc.

Healthy muffin (high fiber, low fat) –see Kim if you need a recipe

1 oz almonds

2 kiwi or grapes

1 apple

1 Cliff bar

1 Asian pear, pear or apple

2 scoops Whey powder (in fluid)

2 ounces tuna

Flax bead

apple

Tortilla

Spread with natural peanut butter (tahini, almond or cashew butter)

Wrapped around one (peeled 😊) banana



"Health from the inside out"

Dr. Kimberly McQueen BSc, ND

Naturopathic Physician

Apple Health, 205-2590 Cadboro Bay Rd, Victoria BC, V8R 5J2

w:active-health.ca, Kim McQueen Inc.