

PANEL 3

NUTRITIONAL PLAN - MATCH at 3:00 PM

Forecast:

The forecast for April 10 Sunday at 3-5:00 PM is for a partly cloudy sky, temperature 19-22°C, humidity 55-75%. It could therefore be hot.

Pay attention to hydration before and during the match.

In the tea to drink during the break, do not put sugar but honey (3 tablespoons for 1 liter of tea) to avoid reactive hypoglycemia.

During the break, 1 pack of enervitene especially for the midfielders to maintain energy levels.

April 9 DAY BEFORE THE MATCH

Lunch

Raw vegetable buffet (celery, fennel, carrots, green salad)

Pasta with tomato and mozzarella

Mixed cold cuts and cheeses

Fresh cherry tomatoes and grilled aubergines

Fruit salad or ice cream

Evening April 9

Tagliatelle with ragù

Baked salmon or roast beef with mashed potatoes

Green salad, tomatoes, fennel, grilled peppers

Fresh fruit (pineapple, pears, strawberries if available)

April 10 BREAKFAST – DAY OF THE MATCH

Morning breakfast

Cereal biscuits, Rusks, Strawberry and/or Peach Jam

Fresh pineapple slices, Orange or pineapple juice, ½ skimmed milk, Corn Flakes

Tea and coffee

Possibly toast with ham. Drink plenty of fluids.

ONE CAPSULE OF FOLIC acid

If there is a finishing training, IMMEDIATELY AFTER

Fresh fruit (pineapple, berries, strawberries, melon, watermelon, banana)

Orange juice or pineapple juice

Hot or cold tea, Water

LUNCH BEFORE THE RACE (11:30-12:00). Lunch must be nutritious but light, without any added components that can induce thirst (salt, spices, olives).

Short dry pasta (penne, shells, rigatoni) and/or rice with tomato sauce or with cherry tomatoes (eventually with basil).

Roasted or grilled chicken or turkey legs or breasts or baked salmon (if not taken on Saturday)

Green salad and/or cherry or date tomatoes, carrots, fennel

Fruit tart

The quantities are as desired.

Limit bread; drink as much as possible, still water (possibly fruit juices without sugar).

Up to 30 minutes before the game, sip water as much as you want to hydrate yourself as much as possible. You can take a couple of cubes of parmesan, but be careful because they can make you thirsty.

Immediately AFTER the game

Fruit (also fruit salad with orange juice), squeezed juices + pieces of tart

Dinner as you like