

# FLOWINSPORT.

HOUSE OF PRO ATHLETES™

*FOOTBALL  
NUTRITION  
2025*

# THE ESSENCE OF PROPER FUEL

Soccer is a dynamic and demanding sport. It requires a unique blend of strength, speed, and agility. Despite its popularity, soccer players often face misconceptions about nutrition and performance. The intensity of soccer is undeniable; players often play full 45-minute halves without substitutions, constantly moving, running, and sprinting. Without adequate fuel, maintaining peak performance becomes a daunting challenge for soccer players.

Nutrition is an important piece of the puzzle that is often overlooked by young soccer players. Both male and female soccer players are often under- or over-nourished due to poor nutritional choices. Undernourished soccer players feel lethargic, have decreased reaction time and speed, and lose muscle and fat. Poor nutritional choices combined with low energy intake can also put female soccer players at risk for iron deficiency. On the other hand, soccer players who overeat may feel sluggish, have decreased flexibility and speed, and gain more fat than muscle.



## 1- Breakfast

Make protein the cornerstone of your breakfast. Aim for a satisfying meal that will fuel you for at least 4 hours; if hunger strikes sooner, consider increasing your protein intake. Choose options such as Greek yogurt, lean meats, cold cuts, fish, chicken breast, cottage cheese, nuts, nut butters, seeds, and eggs prepared in a variety of ways—scrambled, fried, poached, or boiled.

Add fiber if possible. It can be a challenge to accept the idea of vegetables for breakfast, but you get extra points if you do. Add spinach to your scrambled eggs or avocado to your toast, and experiment with mushrooms or tomatoes, zucchini, artichokes, sauerkraut, lentils or lettuce. Don't hesitate to incorporate leftover protein from last night's dinner as well.

Here are some highly recommended additions to your daily breakfast:

- **EVOO:** Take 1 or 2 tablespoons over your breakfast. Aim for 2-4 tablespoons (30-45 ml) daily.
- **Almond Pasta:** Add it to your Greek yoghurt, or simply enjoy a spoon of almond paste.
- **Cacao Powder:** Power up your workouts with circulation boosting bioactives. Like a natural pre workout, these cocoa based bioactives help boost nitric oxide supply for better blood flow and nutrient delivery to the muscles when they need it most.

## 2 - Pre Practice Snack

When you arrive at the club and breakfast is served, enjoy the camaraderie without feeling obligated to eat. Instead, make sure you have a handful of nuts for a quick and nutritious snack. Choose a combination of raw and unsalted nuts such as Brazil nuts, macadamia nuts, walnuts, almonds, and pistachios. These nuts provide a convenient source of energy and essential nutrients to fuel your morning workout.

Here's a list of some good quality nuts:

- Brazil nuts (Paranoten)
- Macadamia nuts
- Walnuts
- Almonds
- Pistachios

### 3 - After Practice Snack

**Pea protein shake:** Mix pea protein powder with water for a quick and convenient source of protein to aid in muscle recovery and provide sustained energy for your next workout. Alternatively, if a caffeine boost is desired, mix the protein powder with coffee for an extra kick. You can also add a few nuts for healthy fats and a handful of blueberries or strawberries for added fiber and nutrients. This combination provides a well-rounded snack to replenish energy stores and aid in muscle recovery before your next workout.

### 4 - Lunch

For lunch at the club, you can rely on the options provided. Look for balanced meals that include lean protein, whole grains, healthy fats and plenty of vegetables to fuel your body for the rest of the day. Consider items like grilled chicken or fish, whole grain pasta, salads with a variety of colourful vegetables, and a side of healthy fats like avocado or nuts. If you have any special dietary preferences or restrictions, don't hesitate to let the club staff know so they can make sure your lunch meets your needs.

### 5 - Dinner

For dinner, focus on your favourite salads and vegetables for a nutritious and satisfying meal. Choose colourful, nutrient-rich salads with leafy greens, crunchy veggies, and bright toppings like tomatoes, cucumbers, and carrots, or a hearty vegetable soup with whole grain bread. This combination provides essential nutrients and fiber to support muscle repair and recovery while promoting overall health and well-being. Listen to your body's hunger and satiety cues and avoid heavy or spicy foods that can disrupt sleep. We strongly recommend eating at least 4 hours before bedtime. During sleep, your body goes into repair mode, rebuilding muscle tissue that has been broken down during exercise.

### 6 - Hydration

Water is vital for transporting nutrients and oxygen to your muscles, ensuring optimal function, smooth movement and reducing the risk of injuries. Don't wait until you're thirsty. Aim to consume water regularly, even during training breaks and before, during, and after matches.

**Upon Waking:** As soon as you wake up, kickstart your hydration by drinking 1 or 2 glasses of water. This helps create momentum for the day ahead and jumpstarts your body's hydration levels.

**During exercise:** Aim to drink about 1/4 to 1/2 of a standard-sized water bottle or glass (roughly 90 to 180 milliliters) of a sports drink every 20 minutes.

**Post-exercise:** Rehydrate by consuming roughly 1.5 to 2 standard-sized water bottles or glasses (approximately 700 milliliters) for every 0.45 kilograms lost during exercise. Additionally, ensure you replenish any additional fluids lost within two hours of exercise completion.

**Evening Hydration:** Be mindful of your fluid intake in the evening to avoid disruptions to sleep. Drink less water in the evening to minimize the need to visit the toilet during the night.

It's highly recommended to add a bit of Celtic salt to your water for electrolyte balance. Only use Celtic salt. Here's a link to a good quality Celtic salt for reference.

- Celtic Salt

# TOP 10 NUTRITION RULES

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1. Prioritize key fueling moments: Don't skip meals and aim to eat at regular times each day to maintain stable energy levels and support performance.
2. Never start with a sweet breakfast in the morning: Start your day with a nutritious breakfast that includes protein, complex carbohydrates and healthy fats. Save sweet treats for after lunch or dinner and choose fruits like blueberries and strawberries.
3. Be careful with sports drinks: Skip sugary sports drinks before and after exercise and opt for water instead.
4. Boost hydration with Celtic Salt: Add a pinch of Celtic Salt to your water to replenish electrolytes lost through sweat and support hydration.
5. Choose nutrient-dense foods: Limit excess calories from alcohol, sugary juices, and refined carbohydrates such as pizza and bread in favor of whole foods rich in vitamins, minerals, and fiber.
6. Avoid caffeinated beverages like coffee or tea after 2 p.m. to promote better sleep quality. Exceptions can be found on our blog, where we offer personalized guidance.
7. Plan Ahead: Preparing meals in advance can help ensure you have nutritious options readily available, even during busy training schedules.
8. Plan cheat meals mindfully: Allow one or two moments in a week for "cheat meals" where you can indulge in your favorite foods or go out to eat with friends and family. But be mindful of timing and portion size.
9. \*Coming soon

## OFF-SEASON PHASE

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The offseason is the period from June to July. When soccer athletes are on their own, it is tempting to use this time to fully relax and disconnect from the soccer world. However, eating well and staying active during the offseason will help athletes to return to play with more strength and endurance, making the transition to the preseason much easier. The goals of offseason nutrition are:

1. Maintain and improve muscle mass: Implementing a nutrition plan that focuses on adequate protein intake and balanced meals can help athletes maintain muscle mass during the off-season, ensuring they return to play with strength and power.
2. Support Recovery: Prioritizing nutrient-dense foods and hydration can facilitate faster recovery from the physical demands of the previous season, reducing the risk of injury and promoting overall well-being.
3. Improve performance and maintain routine: By fueling their bodies with nutritious foods, staying active, and maintaining a daily routine, athletes can improve their endurance, agility, and overall performance during the off-season. Maintaining consistent habits, such as waking up at the same time and eating meals at consistent times, like during football season, helps regulate sleep patterns and energy levels, building a strong foundation for success in the season ahead.

# PRE-SEASON PHASE

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During the preseason, which typically lasts from July to early August, coaches prioritize intense training sessions to build endurance and strength for the upcoming season. This is a critical time for athletes to focus on recovery so they can perform at their best when it matters most. Protein-rich nutrition, adequate hydration, and prioritizing sleep are essential components of effective recovery during this time. By fueling their bodies with protein-rich foods, staying well hydrated, and getting plenty of rest, athletes can optimize their recovery, improve their physical conditioning, and prepare for peak performance in the season ahead.

Here are some additional preseason nutrition tips to focus on during the preseason:

1. **Prioritize protein timing:** Aim to consume protein-rich meals or snacks within 30 minutes to an hour after each workout to support muscle repair and recovery. Lean protein sources such as chicken, fish, tofu, and beans are ideal choices.
2. **Increase carbohydrate intake:** During periods of intense exercise, carbohydrates become a critical source of energy. Incorporate complex carbohydrates such as whole grains, fruits, and vegetables into your meals to fuel your workouts and support glycogen stores.