

THERE'S MORE TO A FOOTBALLER THAN FAST FEET & WAGS; FOOTBALL FORMULA TO THE FINAL

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- 31 days of exertion and recovery revealed by leading sports nutritionist
- That's 84 bananas, 208 chicken breasts, 42 bowls of granola, 150 litres of water and only 10 slices of pizza – and that's just one player!

London, 09 June 2016 – Leading sports nutritionist for international football and ambassador for Lizi's High Protein Granola, Matt Lovell, has today revealed the nutritional intake, exertion and recovery of a typical football player, including the amount of food just one player will consume by the time their team makes the final.

With just days to go for this summer's most awaited football tournament it comes as no surprise that managers and squads across the 24 countries will be taking nutrition, training and recovery extremely seriously. Get it right and who knows that team could be the ones lifting the cup!

On the day of a match, a typical player will consume up to 4,000 calories from meals consisting of high protein and the right carbs. With some players gaining speeds of up to 34km/h, running just under a half marathon and burning 1,500 calories per match - eating the right foods will give the player the best chance for optimum performance and ensure energy levels are sustained.

Matt Lovell, international football performance nutritionist says; "Balancing the right nutrition with exercise and rest is a key component to success. 31 days of competition is grueling and to ensure maximum performance and results the entire squad, from players to management, need to be prepared for discipline and focus.

"A player's meal plan will be determined by their position, energy output and tests measuring their blood sugar levels – so each player will be different. It also means some players will get more opportunities for 'cheat meals' such as pizza, ice cream and chocolate. This never goes down too well!"

When it comes to taking penalties that's a different ball game all together. A goal keeper will not expel the same level of energy during a 90 minute match, but with penalties a keeper's heart rate will reach up to 160 beats per minute and nervous energy will burn up to 200 calories in a space of 10 minutes.

Matt Lovell continues; "Reaching the final isn't just about having the best players; it's also about being fed the right type of food, allowing your body to rest and believe it or not – not over doing the training."

Each player who reaches the FINAL will have consumed the following amount of food:

29 cans of beans

84 cups of matcha tea

84 bananas

84 cups of mixed berries
30 litres of milk
10 scoops of ice cream 10
84 sprinkles of cheddar cheese
84 whole eggs, scrambled, poached or as an omelette with ham and mushrooms
42 bowls of high protein granola
84 slices of bread
84 portions of butter
42 cups of coffee
150 litres of water and fluids
208 servings of protein, chicken fish and filet steak
42 bowls of bone broth with home made bread
208 servings of vegetables, spinach, broccoli, green beans, lentils and other green vegetables
10 'off' meals or cheat meals
At least 10 slices of pizza
10 bowls of chili
10 burritos
76 servings of rice, pasta, potatoes and starches
42 mini chocolate snacks and small sweet treats the size of your thumb.
84 plates salad including tomato, carrots, mozzarella, cold cuts of meats and ham, lettuce, cucumber, olives and artichokes.
10 red bulls or other energy drinks
10 servings of jellybeans

A typical daily meal plan would be:

Breakfast

Omelette, scrambled / poached eggs
High protein cereal
Tea/Coffee

Lunch

Chicken breast / fish
Occasionally filet steak
Green vegetables
Rice or pasta

Supper

Fish or Chicken stir-fry with noodles
Side salad
Those who are allowed may have Shepherds Pie or Lasagne

Snacks

Dark Chocolate (size of thumb nail)
Jelly Beans

Matt Lovell is launching Lizi's High Protein Granola. For further information visit www.lizis.co.uk
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