

WHAT TO EAT TO BE AS HEALTHY AS WARRIORS



*FGL Champions Cup
2022*



Football players should prioritize foods containing carbohydrates and protein in each season to supplement calories, repair muscle before and after a match.

The daily menu should be healthy and focus on natural carbohydrates, lean protein, unsaturated fat, vitamins and minerals.

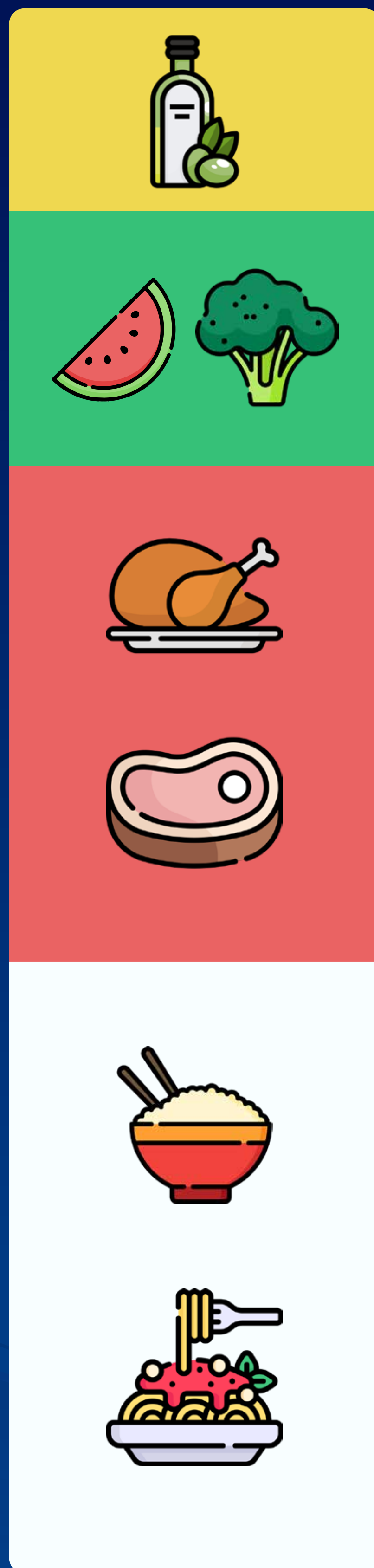


BASIC MEAL

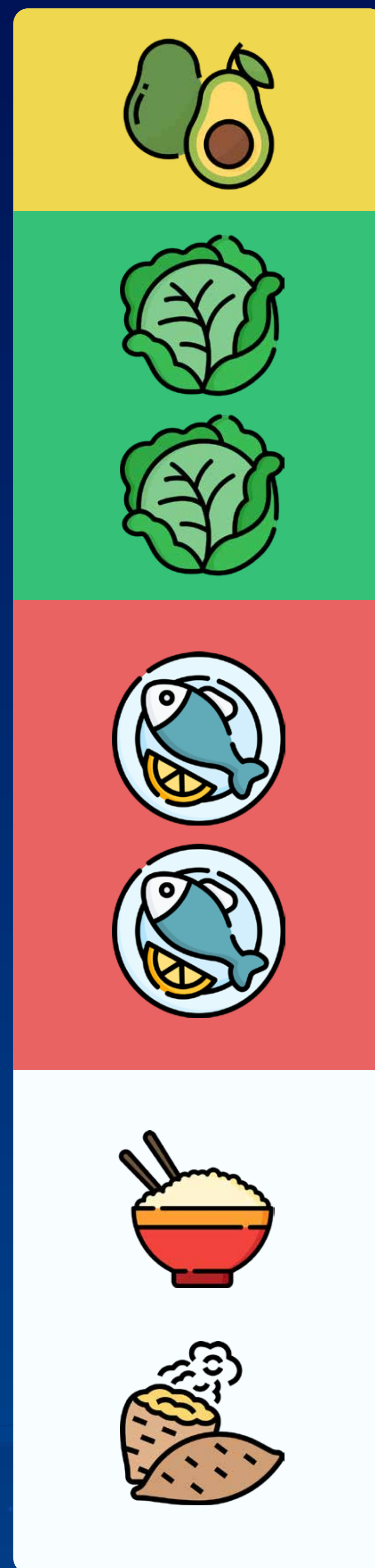
Breakfast



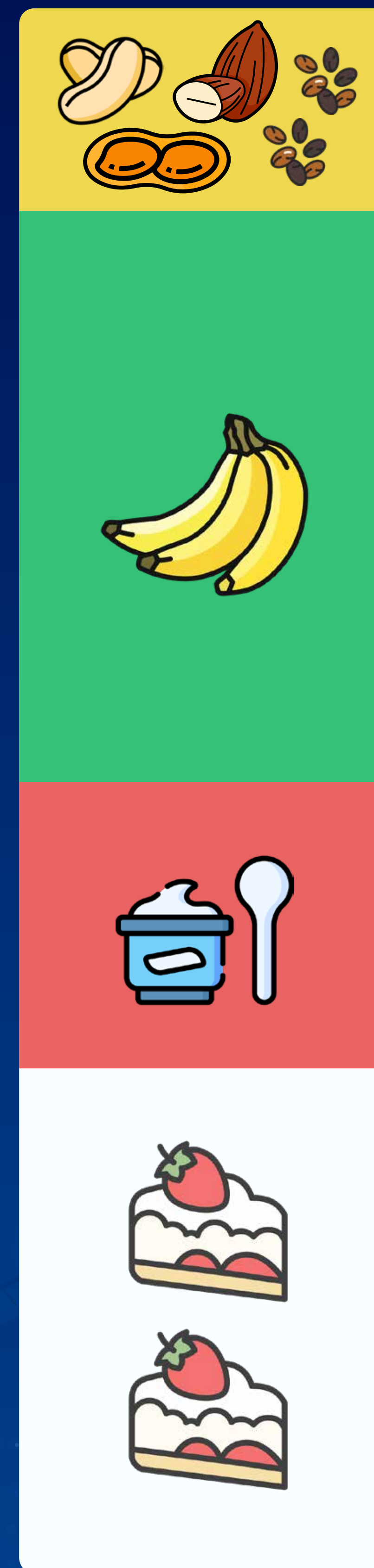
Lunch



Dinner



Snacks



Carbohydrate

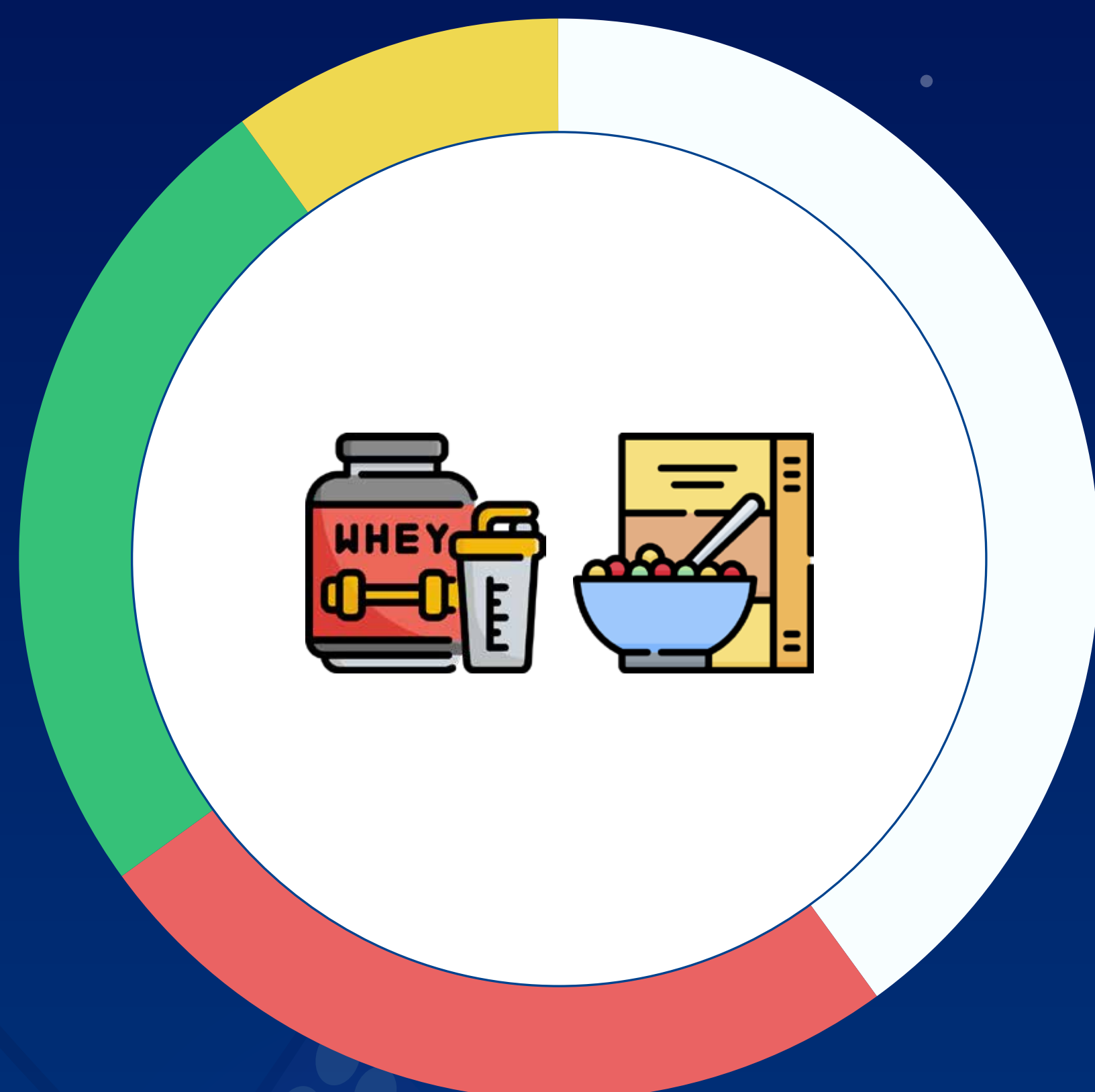
Protein

Vitamins & minerals

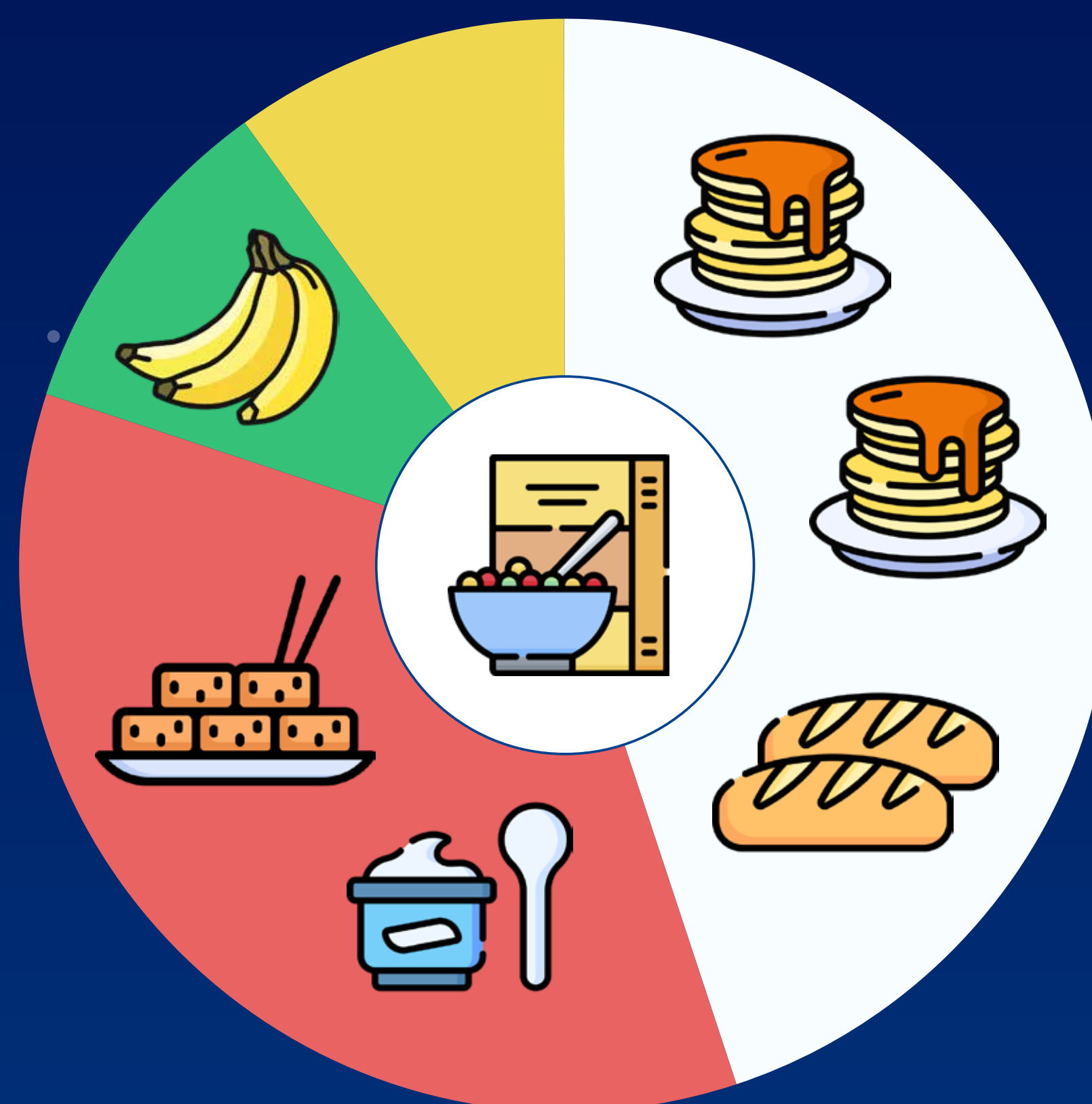
Lipid

IN THE COMPETITION DAY

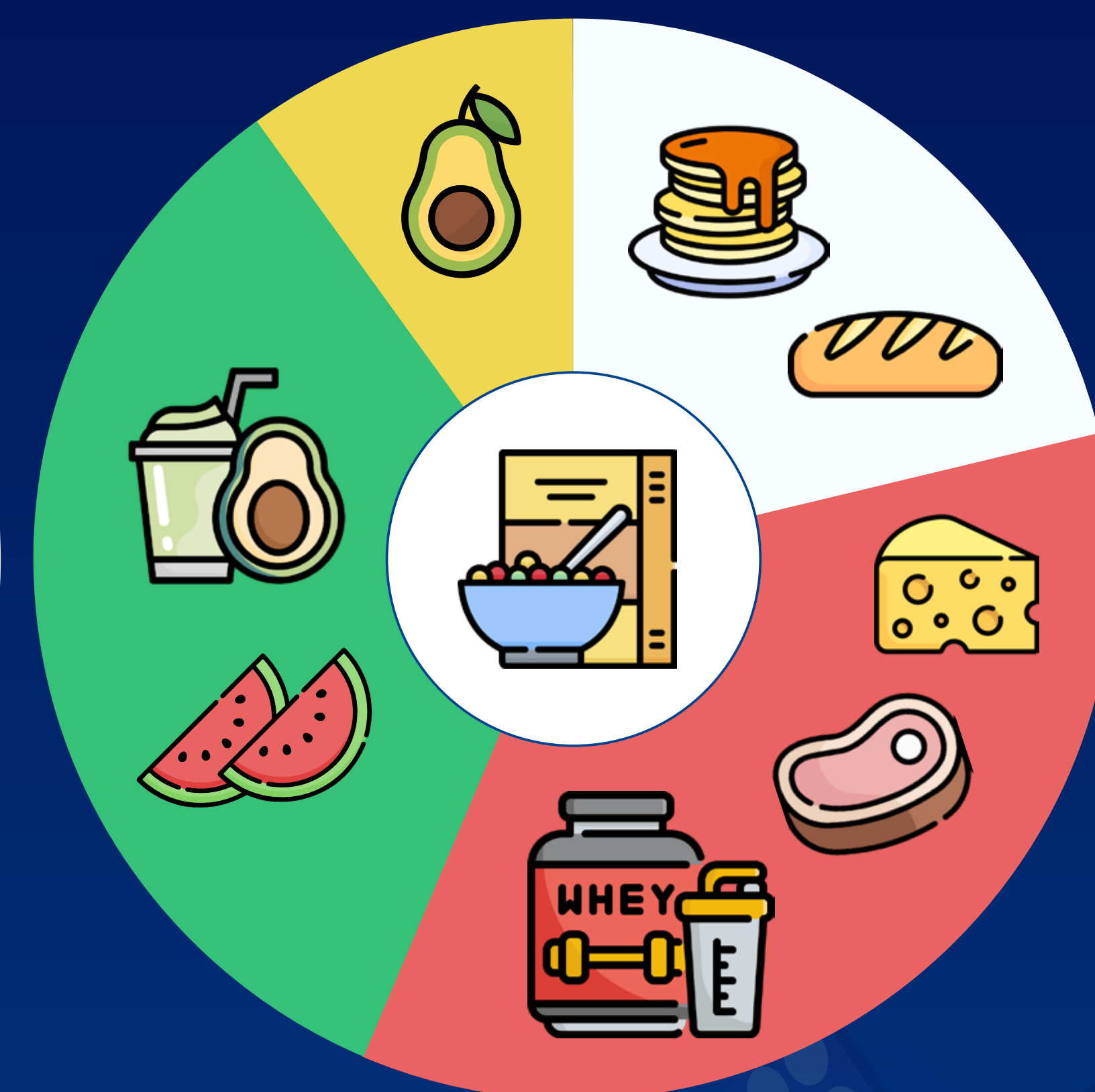
Breakfast



Snacks before the match



Snacks before the match



- Carbohydrate
- Protein
- Vitamins & minerals
- Lipid

Drink enough water, drink water containing electrolytes (coconut water, lemon juice and sports drinks).

According to ACE, drink at least 238ml of water every 20 minutes.

ADVICE FROM THE CHAMPION



“

I always keep a healthy diet, eat clean and low fat food.

I love filtered water and coconut water. A healthy diet and stable mind is my biggest secret.

”

KIM PHUONG

Best female player

FLC Tan Phu