



DIET PLAN FOR FOOTBALL PLAYER "BE A POWERHOUSE IN THE GROUND"



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CARBS -THE FUEL OF FOOTBALL PLAYER



Football is a game everyone loves to play and watch and unlike other sport events football consists of high intensity intermittent activities. Players typically cover few kilometres in distance during a match both at high intensity and low intensity running speed. In order to perform high intensity sprints and technical skills such as passing and shooting during the match, players need to fuel the glycogen stores by consuming a carbs rich diet.

Top Football player's diet consists of 50 - 55% carbohydrates and intake varies according to training and match schedule. The key strategy used by top players to enhance performance is by increasing the carbs intake on training in order to adapt to training needs. As everyone is aware carbohydrate is the main source of energy,hence while consuming a carb rich diet the major portion should come from starchy carbohydrates. During the match or trainingbody depends on carb source as fuel but specifically it is muscle glycogen.

This diet and strength training programme will certainly differentiate an average player and an Elite Player. But, in order to achieve high results in the ground you must follow the diet on a long term basis and you should have already own the necessary skills and stamina as a football player.



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Here is the diet plan calculation for a 65 kg Football Player on OFF SEASON TRAINING DAYS AND DAY BEFORE MATCH DAY..

MULTIPLY TOTAL BODY WEIGHT IN KG WITH 2.2 WILL GIVE YOUR WEIGHT IN LBS.

$$\text{WEIGHT (65 KG)} * 2.2 = 143 \text{ LBS.}$$

MULTIPLY TOTAL LBS. WITH 1.3 WILL GIVE YOUR PROTEIN REQUIREMENT

$$143 \text{ LBS.} * 1.3 = 185\text{G PROTEIN / DAY}$$

MULTIPLY TOTAL WEIGHT WITH 8 WILL GIVE YOUR CARBOHYDRATE REQUIREMENT

$$65 * 8 = 520\text{G CARBS / DAY}$$

MULTIPLY TOTAL WEIGHT WITH 1.2 TO 1.5 WILL GIVE YOUR FAT REQUIREMENT

$$65 * 1.5 = 100\text{G FAT / DAY}$$

The Idea here is to maximize the glycogen level in the liver and in the muscles in order to adapt to training and match needs. Keeping the protein to optimum level to protect and maintain the muscles, this diet strategy will support the player in maximizing the performance.

SAMPLE MEAL PLAN FOR A FOOTBALL PLAYER ON OFF SEASON

TRAINING DAYS AND DAY BEFORE MATCH DAY.



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MEAL TIME	FOODS	FRUITS	VEGGIES	DRINKS
BREAKFAST	BROWN BREAD (4 SLICE) OR 3 CHAPPATI + EGG OMLETE (3 EGG WHITES + 2 WHOLE EGGS) SANDWICH	1 APPLE (SMALL)		1 CUP BLACK COFFEE
MORNING SNACK		1 ORANGE		OR ORANGE JUICE
LUNCH	GRILLED CHICKEN BREAST (100 GMS)/QUARTER + 1 CUP/ 200 GMS WHITE RICE+ 1 WHOLE WHEAT ROTI OR CHAPPATI		GREEN SALAD	
EVENING SNACK	LOW FAT YOGHURT	1 BANANA		
PRE WORKOUT	HANDFUL OF NUTS OR COOKIES			1 CUP COFFEE
DURING TRAINING				BCAA OR ANY FRUIT JUICE OR LIME WATER OR ELECTROLYTE DRINK
POST WORKOUT		2 BANANA		WHEY PROTEIN CONCENTRATE DRINK
DINNER	GRILLED FISH FILLET (150 GMS) + 5 CHAPPATI/ROTI + BOILED SWEET POTATO (500 GM)		GREEN SALAD	
BEFORE BED				1 GLASS BOILED MILK MIXED WITH 1 SCOOP CASEIN PROTEIN OR WHEY
	PROTEIN- 185g, CARBS -520 g, Fat- 80-100			DRINK MINIMUM 3 LITERS OF WATER THROUGH OUT THE DAY



During weight training days and rest days player can reduce the carbs intake. Typically players will not do football training during weight training days and hence there is no need to go for high carbs intake and can be reduced to half. At the same time keep the protein and fat intake the same in order to meet the requirements of muscle training.

SAMPLE MEAL PLAN FOR A FOOTBALL PLAYER ON WEIGHT TRAINING DAYS.



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MEAL TIME	FOODS	FRUITS	VEGGIES	DRINKS
BREAKFAST	OAT MEAL(1/2 CUP / 40 GMS) 100 % WHOLEGRAIN OATS MIXED WITH WHEY PROTEIN	1 APPLE (SMALL)		1 CUP BLACK COFFEE
MORNING SNACK	EGG OMLETE (3 EGG WHITES + 2 WHOLE EGGS) SANDWICH	1 ORANGE		OR ORANGE JUICE
LUNCH	GRILLED CHICKEN BREAST (200 GM) + 1 SMALL WHOLE WHEAT ROTI/CHAPPATI		GREEN SALAD	
EVENING SNACK	1 BROWN BREAD AND EGG OMLETE (3 EGG WHITES + 2 WHOLE EGGS) SANDWICH			
PRE WORKOUT	HANDFUL OF NUTS OR COOKIES			1 CUP COFFEE
DURING TRAINING				BCAA OR ANY FRUIT JUICE OR LIME WATER OR ELECTROLYTE DRINK
POST WORKOUT		1 BANANA		WHEY PROTEIN CONCENTRATE DRINK
DINNER	GRILLED FISH FILLET (200 GM) +MEDIUM SIZE SWEET POTATO (125 GMS)+ 3 CHAPATI		GREEN SALAD	
BEFORE BED				1 GLASS BOILED MILK MIXED WITH 1 SCOOP CASEIN PROTEIN OR WHEY
	PROTEIN- 185 g, CARBS - 260g, Fat- 80			DRINK MINIMUM 3 LITERS OF WATER THROUGH OUT THE DAY



Please keep in mind that, this is a general diet plan for all football players in order to prepare the body for the match day requirements. This can get varied as per the match schedule, duration of the match, intensity of the matches, player's physical ability to adapt to needs, players body type and due to many other reasons. Hence, if you don't have a proper diet plan yet, then you should follow this plan and should continue and maintain on a long term basis for best results. I am sure this diet strategy along with your workout plan will make you a powerhouse in the ground.

Good Luck!!!
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