**The David Beckham Academy**

 **Matchday Menu**

 **Academy Menu**

**08:30 large glass of water cereal and fruit**

**11:30 2 slices of toast and scrambled eggs, tomatoes**

**Fresh orange juice**

**14:00 sports drink or water (keep taking sips until kick off) banana or raisins**

**15:00 Kick – Off**

**With a match to prepare for Beckham and his team-mates need the right kind of fuel in their bodies to put in a good performance. Check out this top-tasting menu for some healthy meal ideas. The timings are a guide, adjust them to your own kick-off time.**

**15:45 Half – Time! Sport drink or water**

**17:00 sports drink or water, banana or cereal bar**

**18::00 soup And bread chicken, pasta and vegetables bananas and custard large glass of diluted fruit juice or fruit squash**

**20:00 2 slices of toast and jam large glass of diluted fruit juice or fruit squash**