

# PERFORMANCE MEAL WHEEL

## SUPPORT

### Fruit & Vegetables

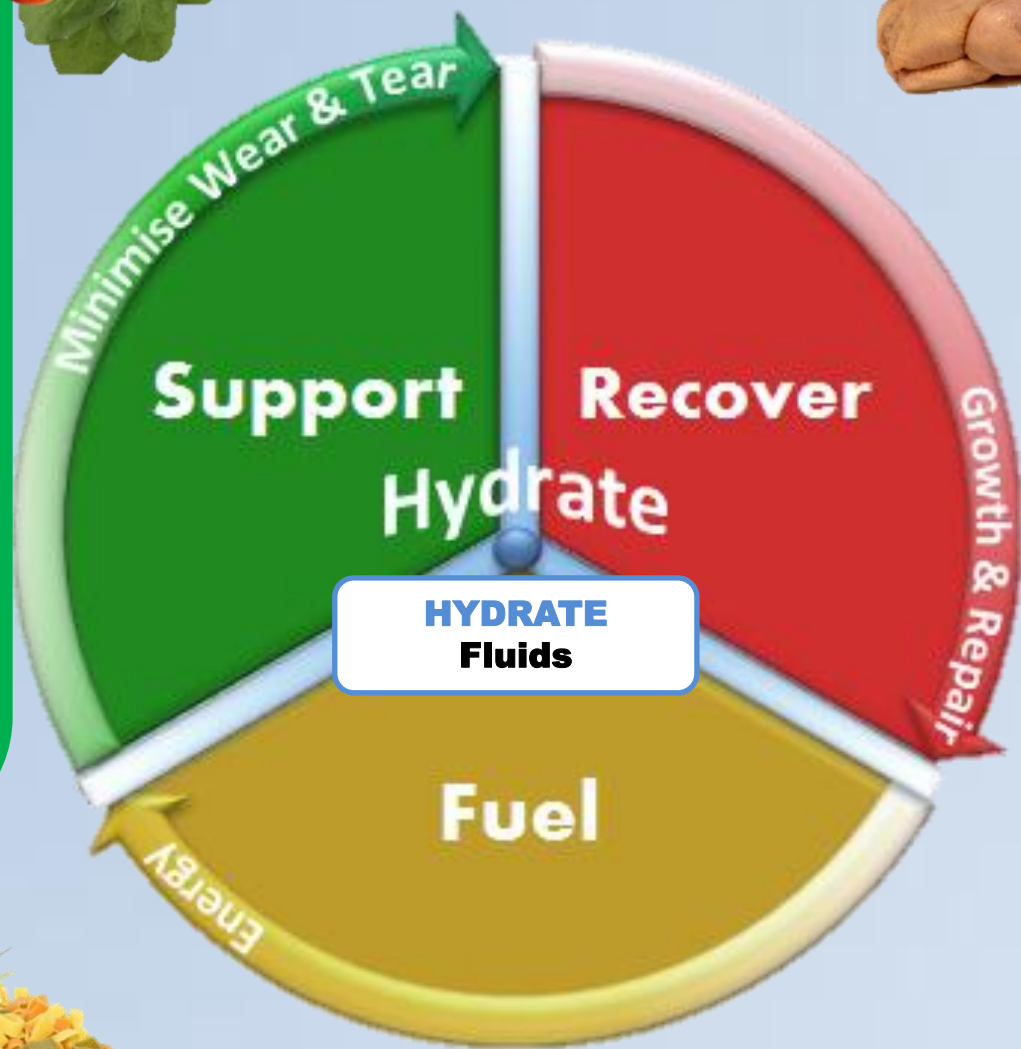
<b>Green</b>	Spinach, broccoli, kale Watercress, cabbage
<b>Orange</b>	Carrots, sweet potato, cantaloupe, mangoes, butternut squash
<b>Yellow</b>	Citrus fruits, peppers
<b>Red</b>	Tomato, watermelon, pink grapefruit, red apples, red onions, pomegranates
<b>Purple</b>	Berries, grapes, raisins, aubergine, plums, beetroot
<b>White</b>	Onions, garlic, shallots, leeks, banana, cucumber, celery, mushrooms



## RECOVER

### Protein & Healthy Fats

<b>Poultry</b>	Chicken, turkey
<b>Red Meat</b>	Beef, lamb, lean mince,
<b>Fish &amp; Shellfish</b>	Cod, haddock, tuna, prawns <b>Oily:</b> Salmon, mackerel,
<b>Eggs</b>	Poached, scrambled, omelette
<b>Milk &amp; Dairy</b>	Milk, yoghurts, milkshakes, cheese, cottage cheese
<b>Beans &amp; Pulses</b>	Kidney beans, baked beans, lentils, chickpeas
<b>Nuts &amp; Seeds</b>	Nuts, seeds, peanut butter



## FUEL

### Carbohydrates

<b>Wholegrains</b>	Cereal, pasta, rice, cous cous, quinoa, bulgar wheat
<b>Potatoes</b>	Baked, new, mashed, steamed, boiled, sweet potato
<b>Breads</b>	Bread, Pita, rolls, wraps, English muffins, crumpets
<b>Snacks</b>	Malt loaf, currant buns, cereal bars

