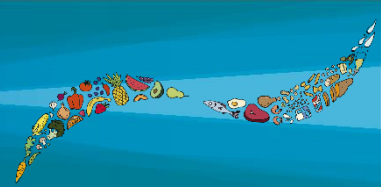


BREAKFAST IDEAS



Eating before an early morning session can be challenging. Often our **appetite** is low and **digestion** rate slowed so eating a meal is uncomfortable and can distract from training.

However, if performance is the focus then an early morning breakfast **might be critical**. When we wake following the overnight fast the carbohydrate reserves (**glycogen**) in our muscles may be at a moderate level and sufficient for training but our **liver glycogen** content is low. This is important because the liver provides glucose to our **brain** and to maintain a stable blood glucose level which if compromised will lead to a **drop in performance**.

So, the optimal early morning breakfast needs to be **convenient**, easy to **digest** and **high carbohydrate**. Whilst toast, fruit and cereals are fine, here are some of our favourite alternative ideas...



Higher Carb

Aim for 0.5-1.0g/kg of carbs

Lower Carb

Overnight Oats –
Store as single-serve portions in Tupperware



Banana & Oat Pancakes –
Make a batch or keep batter in the fridge for a quick fry in the morning



Fruit & Nut Mix
– *Convenient but high fibre so just one big handful*



Breakfast Muffins –
A great grab and go snack



Smoothies – *Prep the ingredients the night before then blend and go*

Fresh Fruit Juice – *Simple but effective*



Fruit Pouches –
Quick and easy to digest

