

## RUGBY ROMANIA NATIONAL TEAM FOOD GUIDELINE

	BREAKFAST	LUNCH	DINNER	BRUNCH	PRE MATCH MEAL	SNACK(PERMANENT)
GRAIN	rice	rice	rice	rice balls	rice balls	
	*garmish,(Pickles,parmesan,etc)	*garmish,(Pickles,parmesan,etc)	*garmish,(Pickles,parmesan,etc)	sandwiches	sandwiches	
	Seeds ( pumkin, sunflower)	Seeds ( pumkin, sunflower)	Seeds ( pumkin, sunflower)		noodle	
	bread (white,Rye,Whole Wheat)	bread (white,Rye,Whole Wheat)	bread (white,Rye,Whole Wheat)		pasta	
	*garmish(Jam,Margarine,etc)	*garmish(Jam,Margarine,etc)	*garmish(Jam,Margarine,etc)		*non oil	
	cereals(Granola,Oats,etc)	cereals(Granola,Oats,etc)	cereals(Granola,Oats,etc)			
	Nuts ( walnuts, peanuts, caju, almonds etc)	Nuts ( walnuts, peanuts, caju, almonds etc)	Nuts ( walnuts, peanuts, caju, almonds etc)			
PROTEIN	slow-boiled egg, omlette	slow-boiled egg, rice pasta	slow-boiled egg, rice pasta			
	3 kinds of hotpPlate	3 kinds of hotpPlate	3 kinds of hotpPlate			
	(chicken, cold water fish, poke, beef)	(chicken, cold water fish, pork, beef)	(chicken, cold water fish, pork, beef)			
	Chef' s Choice	Chef' s Choice				
VEGETABLE	green salads	green salads	green salads			fruits(banana,apple,berry,etc)
	broccoli, califlower,asparagus, carrot	broccoli, califlower,asparagus, carrot	broccoli, califlower,asparagus, carrot			dried fruits
	tomato, pumpkin, spinach, sweet potato	tomato, pumpkin, spinach, sweet potato	tomato, pumpkin, spinach, sweet potato			nut(walnut,almond)
	wallnut, almond, Quinoa	wallnut, almond, Quinoa	wallnut, almond, Quinoa			yogurt
CARBS	Pasta(no sauce, boiled with salt and oil)	Pasta(no sauce, boiled with salt and oil)	Pasta(no sauce, boiled with salt and oil)			fruits juice(100%)
	non oil dressing	non oil dressing	non oil dressing			
	lemon sauce,salt,perilla or flaxseeds oil	lemon sauce,salt,perilla or flaxseeds oil	lemon sauce,salt,perilla or flaxseeds oil			
SOUP	miso(soy) soup	miso(soy) soup	miso(soy) soup	miso(soy) soup	miso(soy) soup	
	dailiy soup	dailiy soup	dailiy soup	dailiy soup	dailiy soup	
FRUITS	berries(bluebery,Rasberry,etc)	berries(bluebery,Rasberry,etc)	berries(bluebery,Rasberry,etc)	berries(bluebery,Rasberry,etc)	berries(bluebery,Rasberry,etc)	
	cirtus(orange,grapefruits,kiwi,etc)	cirtus(orange,grapefruits,kiwi,etc)	cirtus(orange,grapefruits,kiwi,etc)	cirtus(orange,grapefruits,kiwi,etc)	cirtus(orange,grapefruits,kiwi,etc)	
	banana,apple	banana,apple	banana,apple	banana,apple	banana,apple	
	other seasonal fruits	other seasonal fruits	other seasonal fruits	other seasonal fruits	other seasonal fruits	
	*4kinds from above	*4kinds from above	*4kinds from above	*4kinds from above	*4kinds from above	
DAIRY	non fat skimed milk	non fat skimed milk	non fat skimed milk			
	soy milk	soy milk	soy milk			
	low fat yogurt(plane)	low fat yogurt(plane)	low fat yogurt(plane)			
	honey,fruits sauce	honey,fruits sauce	honey,fruits sauce			
BEVERAGE	water	water	water	water	water	
	fruits juice	fruits juice	fruits juice	fruits juice	fruits juice	
	coffee&tea station	coffee&tea station	coffee&tea station	coffee&tea station	coffee&tea station	
SMOOTHIE	green smoothie	green smoothie	green smoothie			
CARBS						

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