

RUGBY ROMANIA NATIONAL TEAM FOOD GUIDELINE

	BREAKFAST	LUNCH	DINNER	BRUNCH	PRE MATCH MEAL	SNACK(PERMANENT)
GRAIN	rice	rice	rice	rice balls	rice balls	
	*garnish,(Pickles,parmesan,etc)	*garnish,(Pickles,parmesan,etc)	*garnish,(Pickles,parmesan,etc)	sandwiches	sandwiches	
	Seeds (pumpkin, sunflower)	Seeds (pumpkin, sunflower)	Seeds (pumpkin, sunflower)	noodle	noodle	
	bread (white, Rye, Whole Wheat)	bread (white, Rye, Whole Wheat)	bread (white, Rye, Whole Wheat)	pasta	pasta	
	*garnish(Jam, Margarine, etc)	*garnish(Jam, Margarine, etc)	*garnish(Jam, Margarine, etc)	*non oil	*non oil	
PROTEIN	cereals(Granola, Oats, etc)	cereals(Granola, Oats, etc)	cereals(Granola, Oats, etc)			
	Nuts (walnuts, peanuts, calu, almonds, etc)	Nuts (walnuts, peanuts, calu, almonds, etc)	Nuts (walnuts, peanuts, calu, almonds, etc)			
	slow-boiled eggs, natto	slow-boiled eggs, rice pasta	slow-boiled eggs, rice pasta			
	3 kinds of hotPlate	3 kinds of hotPlate	3 kinds of hotPlate			
	(chicken, cold water fish, pork, beef)	(chicken, cold water fish, pork, beef)	(chicken, cold water fish, pork, beef)			
VEGETABLE	green salada	green salada	green salada			fruits(banana, apple, berry, etc)
	broccoli, cauliflower, asparagus, carrot	broccoli, cauliflower, asparagus, carrot	broccoli, cauliflower, asparagus, carrot			dried fruits
	tomato, pumpkin, spinach, sweet potato	tomato, pumpkin, spinach, sweet potato	tomato, pumpkin, spinach, sweet potato			nut(walnut, almond)
	walnut, almond, Quinoa	walnut, almond, Quinoa	walnut, almond, Quinoa			yogurt
	Japanese side dish (hijiki, radish, etc)					fruits juice(100%)
SOUP	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			
	miso(soy) soup	miso(soy) soup	miso(soy) soup			
	daily soup	daily soup	daily soup			
FRUITS	berries(blueberry, Raspberry, etc)	berries(blueberry, Raspberry, etc)	berries(blueberry, Raspberry, etc)			berries(blueberry, Raspberry, etc)
	citrus(orange, grapefruits, kiwi, etc)	citrus(orange, grapefruits, kiwi, etc)	citrus(orange, grapefruits, kiwi, etc)			citrus(orange, grapefruits, kiwi, etc)
	banana, apple	banana, apple	banana, apple			banana, apple
	other seasonal fruits	other seasonal fruits	other seasonal fruits			other seasonal fruits
	*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			
	fruits juice	fruits juice	fruits juice			
	coffee&tea station	coffee&tea station	coffee&tea station			
SMOOTHIE	green smoothie	green smoothie	green smoothie			

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CARPO DANIEL

