



Lesley Reid

NUTRITIONAL HEALTH

Enjoy Feeling Better

Match Day Nutrition - Fereneze
Golf Club

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Match-Day Nutrition: Simple Fuel for a Better Round

Why it matters

Golf demands stamina, focus and consistency across 4-5 hours. What you eat and drink - before, during and after the round - can keep you sharp or leave you sluggish. Even mild dehydration or low blood sugar can affect your swing or concentration.

Before the Round

- **The night before:** Choose a lighter, easy-to-digest dinner like grilled chicken or fish, vegetables and sweet potato or rice. This helps you feel fresh and ready.
- **Breakfast:** Eat about 1-2 hours before tee-off. Good choices include porridge with fruit and yoghurt, or scrambled eggs on wholemeal toast. Avoid very greasy meals that may slow you down.
- **Hydration:** Have a glass or two of water with breakfast and keep sipping before you head out.

On-Course Fuel

- **Stick to a routine** - try eating at the same holes every round:
 - **Hole 4:** Banana or cereal bar
 - **Halfway point:** Chicken sandwich or wrap
 - **Hole 14:** Another banana or energy bar
- **Easy snacks to pack:** Apples, nuts, dried fruit, cereal bars or flapjacks
- **Keep drinking:** Sip water regularly, and on warm days add an electrolyte tablet to your bottle.

After the Round (Recovery)

- **Refuel within 30-45 minutes:** Have a snack with both carbs and protein, such as yoghurt with berries, a peanut-

butter bagel, or wholegrain sandwich.

- **Re-hydrate:** Aim to replace fluids lost - check your urine colour (should be pale), or drink until you're comfortably rehydrated.

Meals & Snack Ideas

When, What to Eat & Why It Helps

Night before - Grilled chicken, veggies & sweet potato - Light, nourishing and easy on digestion

Morning - Porridge with fruit & yoghurt - Provides steady energy

Morning alt. - Eggs on wholemeal toast - Protein + carbs, easy to digest

Hole 4 & 14 - Banana or muesli bar - Quick energy boost

Halfway - Chicken salad wrap or sandwich - Keeps you going with lean protein

Mid-round - Trail mix (nuts + dried fruit) - Long-lasting energy, no sugar crash

Recovery snack - Greek yoghurt with berries - Protein + carbs aid recovery

Recovery meal - Salmon, rice & vegetables - Supports muscle repair and refuel

Simple Match-Day Tips

1. **Prep ahead** - pack your snacks and water the night before.
2. **Stick to the same routine holes** for eating to make it a habit.
3. **Choose food over pills** - everyday food is all you need for most rounds.
4. **Try it out during practice** to see what works best for your body.
5. **Sip often** so you don't get thirsty in the middle of your round.

This booklet contains some recipes you might want to try for Pre-round meal, Snacks while out and Post round recovery meals.

I hope you enjoy these ideas and if you want to discuss this or any other nutritional concerns please don't hesitate to contact me at hello@lesleyreiddietitian.co.uk.

Thanks Lesley x



Grapes & Walnuts

1 serving
3 minutes

Ingredients

92 grams Grapes (washed)
30 grams Walnuts

Directions

- 1 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts: Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!



Almonds, Raisins & Chocolate Trail Mix

1 serving
5 minutes

Ingredients

30 grams Dark Chocolate Chips
18 grams Almonds
21 grams Raisins

Directions

- 1 Add all ingredients to a bowl, mix and enjoy!

Notes

Leftovers: Store in an airtight container on the counter for up to two weeks.
Serving Size: One serving is approximately 1/3 cup.



Apple & Brazil Nuts

1 serving
5 minutes

Ingredients

1 Apple (cored, sliced)
33 grams Brazil Nuts

Directions

- 1 Add the apple slices and Brazil nuts to a plate. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is one apple and 1/4 cup Brazil nuts.



Chocolate Milk & Banana

1 serving
2 minutes

Ingredients

250 grams Chocolate Milk, Low Fat
1 Banana

Directions

- 1 Pour the milk into a glass and peel the banana. Enjoy!



Trail Mix Energy Balls

12 servings

10 minutes

Ingredients

129 grams All Natural Peanut Butter
44 milliliters Coconut Oil
60 grams Maple Syrup
49 grams Pitted Dates (finely chopped)
36 grams Chia Seeds
41 grams Oats (rolled)
60 grams Dark Chocolate Chips
48 grams Almonds (chopped)

Directions

- 1 Add the peanut butter, oil, and maple syrup to a small saucepan. Heat over low heat, and mix well for about one to two minutes or until well mixed.
- 2 Add the remaining ingredients to a large bowl and add the peanut butter mixture. Use a silicone spatula or large spoon to mix well until the mixture sticks together when you squeeze it between your hands.
- 3 Use a cookie scoop or a tablespoon to scoop out the energy balls and roll them into balls in your hands. Repeat until all of the mixture is used. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is two energy balls.

More Flavor: Add cinnamon or vanilla extract.

Nut-Free: Use seed butter and seeds instead of peanut butter and almonds.



Super Simple Peanut Butter Oat Bars

9 servings
40 minutes

Ingredients

258 grams All Natural Peanut Butter
(smooth, runny)
213 grams Maple Syrup
10 milliliters Vanilla Extract
243 grams Oats

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking pan with parchment paper.
- 2 In a small saucepan over low heat, combine the peanut butter, maple syrup, and vanilla. Continuously stir until melted and well combined.
- 3 Add the oats to a large bowl. Pour the melted peanut butter mixture over the oats and stir well until the oats are fully coated.
- 4 Add the oat mixture into the baking pan and use your hands to spread it out and press down into an even layer.
- 5 Bake for 15 minutes. Remove from the oven and let cool for 10 to 15 minutes before cutting into squares. Enjoy!

Notes

Leftovers: Store in an airtight container on the counter for up to three days. Freeze in and airtight container for up to one month.

Serving Size: One serving is equal to one square piece. An 8 x 8-inch (20 x 20-cm) baking dish was used to make nine servings.

No Peanut Butter: Use almond or cashew butter.

More Flavor: Add chocolate chips.



Cranberry Energy Bars

10 servings

30 minutes

Ingredients

60 grams Unsweetened Coconut Flakes
50 grams Pecans (chopped)
54 grams Sesame Seeds
32 grams Pumpkin Seeds
32 grams Sunflower Seeds
26 grams Ground Flax Seed
30 grams Dried Unsweetened Cranberries
2 grams Sea Salt
84 grams Raw Honey
64 grams Sunflower Seed Butter

Directions

- 1 Preheat oven to 350°F (177°C). Line a pan with parchment paper and lightly grease with some olive or coconut oil. (We use an 8x8 square pan.)
- 2 Throw coconut, pecans, sesame seeds, pumpkin seeds and sunflower seeds into a large frying pan. Place over medium-low heat and stir occasionally for 5 minutes or until lightly toasted. Remove from heat and place in a large mixing bowl with the ground flax seed, cranberries and sea salt.
- 3 Add honey and sunflower seed butter into the mixing bowl and mix well until all ingredients are evenly distributed. Transfer mix into the square pan and press down evenly. Take some time to really pack it in there. If you don't pack it down firmly enough, the bars will crumble.
- 4 Bake in oven for 15 minutes.
- 5 Remove from oven and let cool completely. Once cool, lift parchment paper out of the tin and slice into bars with a sharp knife. Enjoy!

Notes

Leftovers: Store on the counter in an airtight container for up to one week. Refrigerate or freeze for longer.

Nut Allergy: Skip the pecans and double up on the sunflower and pumpkin seeds.



Smoked Salmon & Asparagus Omelette

1 serving
30 minutes

Ingredients

2 Egg
67 grams Asparagus (or Any Green Veg Of Your Choice) (trimmed, chopped)
30 grams Mozzarella Ball (torn into pieces)
Sea Salt & Black Pepper (to taste)
1 milliliter Extra Virgin Olive Oil
30 grams Smoked Salmon

Directions

- 1 Whisk the eggs in a large bowl. Add in the asparagus, mozzarella, and basil. Stir and season with salt and pepper.
- 2 Heat the olive oil, pour the egg mixture into the dish. Cook until cooked through.
- 3 Top the omelette with smoked salmon and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Store the salmon separately until serving.

Serving Size: A 7-inch (18 cm) round baking dish was used to make four servings. One serving is roughly 1/4 of the frittata.

More Flavor: Add shallot to the frittata.

Dairy-Free: Omit the mozzarella or use plant-based cheese instead.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



Avocado, Cottage Cheese & Egg on Toast

1 serving
15 minutes

Ingredients

- 1 Egg (large)
- 53 grams Cottage Cheese
- 1/4 Avocado (medium, mashed)
- 1 slice Whole Grain Bread (toasted)

Directions

- 1 Place the egg in a saucepan and cover with water. Cover and bring to a boil. Once boiling, turn off the heat and let it sit for 12 minutes. Drain and run cold water over the egg until cool enough to handle and peel. Slice and set aside.
- 2 Add the cottage cheese, mashed avocado, and sliced egg to the toast. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Meal prep the eggs in advance and assemble when ready to eat. Refrigerate the eggs with the shell on for up to a week.

Serving Size: One serving is one piece of toast with one egg, 1/4 cup of cottage cheese, and 1/4 cup of avocado.

More Flavor: Season with salt and pepper.



Egg & Spinach Stuffed Pita

1 serving
20 minutes

Ingredients

- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 5 milliliters Extra Virgin Olive Oil (divided)
- 32 grams Mini Whole Wheat Pita
- 30 grams Baby Spinach
- 30 grams Cheddar Cheese (shredded)

Directions

- 1 In a small bowl, whisk the eggs and season with salt and pepper.
- 2 Heat a skillet over medium-low heat and add half of the oil. Once the skillet is hot, add the eggs to the pan and stir continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your desired consistency. Remove from the heat.
- 3 Gently open the pita bread and stuff it with spinach, scrambled eggs and cheese.
- 4 Warm the remaining oil in the same skillet over medium heat. Pan-fry the stuffed pita for 10 minutes or until the cheese has melted, flipping halfway through.
- 5 Cut in half and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one stuffed pita.

More Flavor: Add mushroom and bell pepper.

Dairy-Free: Use dairy-free cheese.

Gluten-Free: Use a gluten-free pita or wrap.



Greek Yogurt, Banana & Cherry Granola Bowl

1 serving
5 minutes

Ingredients

113 grams Plain Greek Yogurt
51 grams Cherries (pitted, halved)
41 grams Granola
1/2 Banana (sliced)
3 grams Ground Flax Seed
8 grams Pumpkin Seeds

Directions

- 1 Add all of the ingredients to a bowl and serve. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to one day. Peel and slice the banana when ready to serve.

Make it Vegan: Use plant-based yogurt.

Additional Toppings: Hemp seeds and/or cacao nibs.



Yogurt Overnight Oats with Strawberries

1 serving

8 hours

Ingredients

60 milliliters Semi Skimmed Milk
20 grams Oats (rolled)
75 grams Plain Greek Yogurt
6 grams Chia Seeds
11 grams Honey
2 grams Cinnamon
36 grams Strawberries (chopped)

Directions

- 1 Add the milk, oats, yogurt, chia seeds, honey, and cinnamon in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Store in the fridge until ready to eat. Serve with strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

Additional Toppings: Other fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter or chia jam.

No Oat Milk: Use any kind of milk or milk alternative instead.



Cinnamon Pear Oatmeal

1 serving
15 minutes

Ingredients

1/2 Pear (sliced)
325 milligrams Cinnamon
41 grams Oats (rolled)
237 milliliters Water
12 grams Pecans (roughly chopped, optional)
16 grams Almond Butter (optional)

Directions

- 1 Heat a small non-stick pan over medium heat. Once warm, add the pear and cinnamon. Cook, stirring often until softened and cooked through, about 5 to 7 minutes. Remove the pears and set aside.
- 2 Meanwhile, add the oats and water to a small saucepan and cook over medium heat, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about 5 to 7 minutes.
- 3 Add the oats to a bowl and top with pears. Add the pecans and almond butter, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat with a splash of water or oat milk or eat cold.

Nut-Free: Use pumpkin seeds instead of pecans. Omit the almond butter or use tahini instead.

More Flavor: Add a splash of oat milk and/or vanilla. Cook the pear in coconut oil.

Additional Toppings: Sweeten with a drizzle of maple syrup.



Banana Orange Green Smoothie

1 serving
5 minutes

Ingredients

1 Banana (medium, frozen)
1/2 Apple (medium, peeled and chopped)
30 grams Baby Spinach
90 grams Frozen Cauliflower
118 milliliters Orange Juice (freshly squeezed)
119 milliliters Water

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Spinach: Use kale instead.

No Frozen Cauliflower: Omit or use zucchini or more apple instead.

Orange Juice: Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.



Chicken Pasta Salad

3 servings
20 minutes

Ingredients

128 grams Pasta (ideally Wholegrain Or Chickpea Pasta) (dry)
15 milliliters Extra Virgin Olive Oil
454 grams Chicken Breast (cubed)
1 gram Italian Seasoning
2 grams Sea Salt
149 grams Cherry Tomatoes (halved)
1/2 Cucumber (quartered)
20 grams Red Onion (thinly sliced)
1/2 Lemon (zested and juiced)

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat a skillet over medium heat and add the oil. Add the chicken and season with the Italian seasoning and salt. Cook for about five to seven minutes or until cooked through.
- 3 In a bowl, combine the pasta, chicken with its juices, tomatoes, cucumber, and red onion. Top with lemon juice and zest and toss well to coat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is about 1 1/2 cups of pasta salad.

Make it Vegan: Use tofu or tempeh instead of chicken.

More Flavor: Add crumbled feta, goat cheese, garlic and/or balsamic vinegar.



Chicken & Bacon Ranch Pasta Salad

4 servings
35 minutes

Ingredients

227 grams Whole Wheat Rotini Pasta
340 grams Chicken Breast (halved lengthwise)
4 slices Bacon
240 grams Ranch Dressing
Sea Salt & Black Pepper (to taste)
142 grams Cheddar Cheese (cubed)
149 grams Cherry Tomatoes (halved)
8 grams Cilantro (chopped)
170 grams Microgreens

Directions

- 1 Cook the pasta to al dente according to the package directions. Set aside to cool.
- 2 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 3 Place the chicken and bacon on the baking sheet. Cook in the oven for 10 to 15 minutes, flipping halfway. Remove from the baking sheet and let cool slightly before chopping.
- 4 In a large bowl, toss the cooled pasta and chicken with the dressing. Season with salt and pepper. Add the cheese, tomatoes, cilantro, and bacon. Toss to combine. Refrigerate for 10 to 15 minutes to cool.
- 5 Top with microgreens and divide evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add lime juice, salsa, or hot sauce. Top with avocado cubes.

Gluten-Free: Use gluten-free pasta.

Dairy-Free: Use a plant-based ranch and cheese alternative.



Turkey Avocado Sandwich

1 serving

5 minutes

Ingredients

15 grams Yellow Mustard
2 slices Whole Grain Bread
28 grams Swiss Cheese (sliced)
7 grams Mixed Greens
57 grams Turkey Breast, Cooked
1/2 Avocado (sliced)

Directions

1

Spread the mustard on the bread. Add the remaining sandwich toppings.
Close the sandwich and enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

Gluten-Free: Use gluten-free bread.

Dairy-Free: Omit the cheese.

More Flavor: Add mayonnaise, salt, or black pepper.

Additional Toppings: Add red onions or tomatoes.



Tuna, Spinach & Feta Pita

1 serving
10 minutes

Ingredients

- 1 can Tuna (drained, broken into chunks)
- 30 grams Baby Spinach (chopped)
- 1/4 stalk Green Onion (sliced)
- 19 grams Feta Cheese (crumbled)
- 7 milliliters Lemon Juice (to taste)
- 1 Whole Wheat Pita

Directions

- 1 In a mixing bowl, combine the tuna, spinach, green onions, feta, and lemon juice.
- 2 Gently open each pita pocket and fill with the tuna mixture. Enjoy!

Notes

Leftovers: Refrigerate the tuna mixture in an airtight container for up to three days.

Serving Size: One serving equals approximately half a pita (8-inch) filled with two cups of the tuna mixture.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Gluten-Free: Use lettuce wraps or gluten-free bread instead of pita.

Dairy-Free: Use vegan cheese instead of feta cheese, or omit completely.

More Flavor: Add mustard, olive oil, or mayonnaise.

Additional Toppings: Add chopped celery, red onion, tomatoes or cucumber.



Grilled Chicken Caesar Sandwich

1 serving
25 minutes

Ingredients

113 grams Chicken Breast (boneless, skinless)
1/4 Lemon (medium, juiced)
7 milliliters Extra Virgin Olive Oil
2 grams Italian Seasoning
3/4 head Romaine Hearts (shredded)
23 grams Caesar Dressing
7 grams Parmigiano Reggiano (grated)
Sea Salt & Black Pepper (to taste)
85 grams Sourdough Baguette (sliced in half)

Directions

- 1 Add the chicken, lemon juice, oil, and Italian seasoning to a shallow bowl or bag. Set aside to marinate while the grill heats.
- 2 Heat the grill to medium heat. Place the chicken on the grill and cook for six to seven minutes per side or until cooked through. Set aside.
- 3 Meanwhile, add the romaine, dressing, parmesan, salt, and pepper to a bowl and toss to combine.
- 4 Place the chicken on the bottom half of the baguette. Top evenly with caesar salad. Close the sandwich and cut it into equal servings. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is one sandwich. The baguette was cut into four-inch (10 cm) pieces per serving.

Gluten-Free: Use a gluten-free baguette or bread instead.

Dairy-Free: Use a plant-based caesar dressing alternative and plant-based parmesan alternative.



Ham & Avocado Bagel

1 serving
5 minutes

Ingredients

- 1 Bagel (everything)
- 1/4 Avocado (medium, sliced)
- 1/4 Lime (medium, juiced)
- 85 grams Sliced Ham

Directions

- 1 Open the bagel. Place the sliced avocado on the bottom half of the bagel and drizzle with lime juice.
- 2 Place the Ham on top, close the bagel, and enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is one bagel.

More Flavor: Add cream cheese and toast the bagel. Sprinkle the avocado with sea salt.



Chicken & Veggie Quesadillas

2 servings
15 minutes

Ingredients

- 2 Whole Wheat Tortilla (large)
- 85 grams Cheddar Cheese (grated)
- 227 grams Chicken Breast, Cooked (shredded)
- 40 grams Red Onion (thinly sliced)
- 87 grams Salsa
- 2 stalks Spring Onion (chopped)
- 4 grams Corriander (chopped)
- 1/2 Jalapeno Pepper (thinly sliced, optional)

Directions

- 1 Heat a large non-stick skillet over medium heat. Add the tortilla to the skillet and top with grated cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
- 2 Add the shredded chicken breast to half the tortilla and top with red onion, salsa, spring onion, coriander, and jalapeno pepper.
- 3 Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Notes

Leftovers: This is best enjoyed right after cooking.

Gluten-Free: Use a gluten-free tortilla.

Dairy-Free: Use a dairy-free cheese.

More Flavor: Season the chicken with chili powder, smoked paprika, and/or salt.

Additional Toppings: Sour cream, greek yogurt, salsa, or guacamole.

Serving Size: One serving is equal to one quesadilla.