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# FOOTBALL NUTRITION » GUIDE



WRITTEN BY BEN COOMBER

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**BODY**type  
nutrition



bespoke nutrition » maximum performance

In association with:

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**PERFORMANCE**

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## NUTRITION BASICS»

To complement a well thought out training program, you need the best nutrition program possible. If your diet isn't in place you will short change your fat loss, muscle and strength gains, increases in performance and recovery.

This e-book contains the basics I instill with everybody that comes to work with me. It's the fundamentals, the foundations I always build someone on. So don't think they are not relevant, or that you can skip them, this is what you need and if you are doing 80% of it already then great, but that leaves 20% for improvement. Whatever your sport, the basics need to be covered first.

- 01** Whatever you eat, think whole natural foods. If it didn't walk, swim or grow then it is likely not designed to be consumed by the human body.
- 02** Ensure to listen to your body at all stages of your journey. If you eat a meal and it makes you tired, look at how you can optimise that meal, was it too high in carbs, too low in carbs, lacked protein or fibre? Play around with the ratios of food in your diet and always look to optimise things based on feedback you get simply by listening to your body.
- 03** Get enough sleep. Between 10pm to 6am is the ideal time. If you struggle with sleep magnesium is a relaxant. Grab some Recovery Spray from [www.transdermaltechnology.co.uk](http://www.transdermaltechnology.co.uk) a formula that contains a high amount of magnesium, or grab some Epsom salts and have an Epsom salt bath before bed in warm, not hot water.
- 04** Make sure your training outside of your football training is a mixture of heavy weights, cardio and some mixed intensity cardiovascular based training. Be an athlete – an athlete is prepared for anything and is fit on multiple levels so vary your training.
- 05** Identify intolerances in your diet. The most common problem foods are wheat, gluten, dairy, soy and eggs. Doing this will create a lean physique, a healthy gut and a supportive immune system.
- 06** Avoid alcohol binges due to its flat-lining effect on hormone levels. It will also make you unmotivated the next day, more likely to make you eat bad food, and have a knock on effect on your training and overall well-being. Drink in moderation.
- 07** Drink enough water. For every kg of body weight drink 30ml of water. So a 90kg individual will need 2.7 liters of water a day. If exercising add 0.5-1.0 liters for every hour of exercise depending on its intensity.
- 08** Follow the 90/10 rule: If you're right 90% of the time, your body can handle the other 10% and still maintain optimal body composition. Each % you drop in favour of non-optimal food intake will decrease your chances of reaching your physique and health goals.
- 09** Prepare food at breakfast, the night before, or at the weekend ensuring you have the best healthy food available to you when you need it. Remember that when preparing food at breakfast set yourself up for the day with a good breakfast, break the fast in nutritional style with ample protein, essential fats and nutrient dense carbohydrates.
- 10** In everything you do be confident, make a plan, stick to it, believe in it, feel it, and apply it to everything you do every day.

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## 10 ESSENTIAL FAT LOSS TIPS »

- 01** Increase the amount of fish, flaxseed/oil and grass fed meats you consume wherever possible. Omega 3 fats are very powerful in the weight loss battle and have a plethora of benefits to health, weight loss and performance.
- 02** Unless you are very aware of your calorie intake and how to manage sweet foods in your diet these are best avoided. Fruit juice, fizzy drinks, cakes, sweets, desserts, are all foods that contain a lot of sugar calories, both not ideal for a weight loss goal.
- 03** Diet is the key variable, don't think that if you exercise tonnes that the weight will just fall off. While this could be the case short term the body cannot keep up with high volumes and intensities of exercise on a low calorie intake and will burnout, become injured, over trained and lead to other issues. Moderation is key with your training. If you are getting tired, recovering poorly and or have low libido you could already have symptoms of this. For more info on this, listen to my podcast back episodes where we discuss this a lot.
- 04** Always identify possible blocking factors such as intolerances, poor gut health, low immune system, stress and underlying health conditions. Otherwise you might be fighting a losing battle with even the best food, the best supplements and amazing training.
- 05** If you are hungry and in a tight spot to get some food on board just forget it as this will likely cause you to reach for a bad food, just wait till your next meal. You won't starve to death by missing a meal. Have a glass of water.
- 06** Don't stress on meal timing, eat meals how you feel it is best suited to your lifestyle. 3 meals a day, 4 meals a day, 5 meals a day, they are all good approaches and will work, so find what is best for you and your lifestyle. Just ensure that you recover properly with your post training/game meal.
- 07** Carbohydrate based drinks like Powerade and Lucozade should only be used in games or intensive training. If it's not a hard session then your body doesn't need the extra calories. After all a sports drink is just sugar water, so use it intelligently.
- 08** Vegetables and fruit are the king of carbohydrate content, this goes for nutritional content and for keeping and getting lean. Our body needs tonnes of anti-oxidants, vitamins, minerals and phytonutrients and fruits and vegetables provide just that. Eat them at every meal.
- 09** Where possible exercise in a cold environment. So if it's cold outside wear minimal clothing. This will burn up to 300% more calories as the body has to work to keep the body warm. Arctic explorers and swimmers have to consume vast amounts of calories due to long periods in cold conditions to avoid drastic weight loss. Work to the same theory and exercise in the cold.
- 10** Drink caffeinated green tea (if you can find a blend with ginseng in it this will be even more effective). 2-4 cups a day consumed before 3-4pm is ideal.

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## 10 ESSENTIAL MUSCLE/STRENGTH BUILDING TIPS»

- 01** Eat protein at every meal and snack. Protein ensures your muscles constantly have the building blocks they need to grow. Consuming 150-240g of protein depending on your body weight at a meal is paramount for all your key daily meals, so consume 4-6 daily servings when looking to gain muscle mass. 2g per kilo of body weight should be the minimum you consume daily.
- 02** Eat. Eating enough of and the right calories is important in feeding your muscles and making sure they have enough nutrients and calories to grow and perform optimally. You can either work out your basal metabolic rate using an online calculator and eat an extra 500-1000 calories a day extra depending on your level of exercise, or if you roughly know what to eat to maintain your weight, make a conscious effort to eat 1 extra meal a day or start adding things like nuts, oils, milk and extra carbs like sweet potatoes to your main meals to bump up your calories further.
- 03** Learn to cycle your carbohydrates effectively so you are able to maximize your recovery, force the appropriate insulin response post workout, but keep body composition and overall health in check. Carbs are ideally used in the workout window, but everyone will be different. You will need to play with your carb intake and the resultant fat gain, some can handle lots (4-500g), others will have to stick to around 150-250g a day. Find your sweet spot as per my pre game meal video.
- 04** If you struggle to gain weight, however hard you train or however much you eat you may need to go back to basics and address some underlying issues. Hormone levels or poor gut absorption are usually the culprits here and working with a qualified professional will be your only option to get to the root cause of the issue. Invest in your health, get tested.
- 05** Because getting calories in is so important, don't discount the idea of adding liquid meals to your diet. Do this by making protein rich smoothies that can be added as a small meal, or post workout for convenience. Using whey, nut butters, frozen fruit and milk is a good starting point.
- 06** Use key supplements intelligently. Creatine (creapure) post workout, aminos during workouts, fish oils for recovery and shakes where food cannot be eaten. Supplements are individual and costly. Food is always number one priority before supplements. Refer to my video on supplements for further explanations, or see page 7 of this manual.
- 07** Make sure training is hard, intense, and high volume when needed. Most people think they train hard but they don't. An hour in the gym should leave you beaten and ready to eat. If you want to be a high performing individual, be fast, be strong, be agile, you need to train for it. Training should be tough and it should challenge you, if it doesn't, then you won't progress. Work hard.
- 08** Two of the most important aspects of muscle and strength gain are protein turnover from food, which we discussed in point 1, and protein turnover from a training response (using protein to drive growth and repair). To increase the amount of training frequency you can do, training muscles in the gym multiple times a week,
- 09** If you struggle to get calories on board and tolerate dairy products well, then consume 1-2 liters of whole milk a day, whole goats and gold top cow's milk being the best varieties. This isn't essential by any means, but it can be a very easy way to add nutrient rich calories to your diet.
- 10** To get the most out of your training use stimulants only where necessary and you need to manage their stressful effects wisely (none after 5pm at the latest), such as caffeine. Tyrosine can be a good non-stimulant mood elevator when strength training.

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## EXAMPLE DAILY FOOD AND SUPPLEMENT REGIME »

This daily sample food intake presumes that training is in the evening. If you train in the morning you may need some carbohydrates post workout, not too many but enough to start the recovery process without leaving you feeling sluggish a few hours later. Refer to my videos for more explanation on changing your diet for maximal energy production and macronutrient intake.

The most important thing when it comes to nutrition is finding out what works for you – the ratio of protein, carbohydrates and fat that makes you feel good. This should be your starting point with your diet regardless of your goal, to make you feel good. Once you have nailed this you can then manipulate the amount that you eat to stimulate a weight loss or weight gain effect, or just to maintain and keep performance high. Macronutrient ratios will change slightly when your goal differs from fat loss or muscle gain, but not hugely, as you still need to eat with the primary focus of energy and performance.

### BREAKFAST

One white medium onion, one small courgette, both diced and sautéed in a frying pan with coconut oil. Once softened add 3-6 whole eggs and make into a Spanish omelette. Season with salt and pepper or other preferred spices. Add a piece of fruit if your feeling fruity and added fats if gaining weight or need the calories.

### MORNING SUPPLEMENTS

Multi-vitamin, fish oil (2g) and 3000iu of vitamin D.

### SNACK

Handful of mixed nuts, medium British apple.

### LUNCH

Chopped cucumber, pepper, celery, and shredded spinach mixed with 1 large diced chicken breast, 30g feta cheese chopped into blocks, ½ cup cooked quinoa and seasoned well with salt, pepper and a healthy dressing of your choice.

### SNACK

Smoothie made with mixed frozen berries, milk and or water, 35g strawberry whey protein blend, 1-2 tbsp almond butter.

### PRE TRAINING

A coffee or something containing caffeine.

### DURING WORKOUT

If it's intense use a lucozade or alternative sports drink.

### POST WORKOUT

If needing the calories or needing a shake for convenience: whey protein shake (40g) with 20g dextrose, 8g creatine, 1 large banana.

### POST TRAINING MEAL

1 large jacket potato, grilled haddock fillet, big mixed green salad, bowl of fruit salad with 2 tablespoons of greek yogurt and honey. Notice that starchy carbs only really come into the picture post training and a little at lunch. For any athlete carb cycling is paramount to maintaining a lean physique but also for keeping on top of performance and recovery demands. Most performance supplements will come in and around the training window, so know how to use them effectively.

### BED

Bed for 10-10:30pm - time to repair!



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## SUPPLEMENTS »

So if the foundation is built then we can look to supplement with a few things that will aid in the journey. Here I will list the supplement and how/why I would use it:

### FISH OILS

Omega 3 fish oils are essential purely due to most not getting enough fish and grass fed meat in our diet and the quality of such foods not being of the same quality as they used to be many years ago. They are also an essential anti-inflammatory fat, perfect when training hard. Aim for 3g total a day.

### MULTI-VITAMIN

This is simply to cover all the bases. Taking a multi-vitamin ensures that you do not leave any stone unturned in your quest for optimal health and nutrition.

### VITAMIN D3

It is official; most of us are deficient in this vital vitamin due to lack of sun exposure and our modern diet. Supplement with 3000IU a day.

### PRE WORKOUT NUTRITION

Something containing caffeine is a good pre exercise boost, just be wary to consume anything after 4pm so it doesn't disturb sleep.

### WHEY PROTEIN

Whey protein is a great addition to your kitchen. Convenient and easy it can be used to replace meals by making smoothies or used post workout to get protein in the system easily and conveniently. If you are only using protein post workout in the form of a shake then get a protein and carbohydrate blend, like Recovery matrix.

### CREATINE

An essential and research proven supplement in the performance world, creatine will aid in performance increases via increase ATP density in a muscle.

### MAGNESIUM AND ZINC, AKA. ZMA

For the hard trainer we are often found to be depleted of magnesium and zinc, one reason many people have had benefit in taking ZMA before bed. Taking magnesium before bed or post training will ensure optimal levels are restored in the muscles, will induce a deeper sleep, and maximize recovery.

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## ABOUT THE AUTHOR »



### PERFORMANCE NUTRITIONIST, COACH, SPEAKER & WRITER

As a coach, speaker, consultant and writer, Ben teaches clients how to maximize their body and life through his various programs, blogs, videos and radio show. Ben holds a degree in Human Performance and is one of the UK's few ISSN certified nutritionists.

Ben's journey in the fitness industry was a personal one from a battle with obesity at age 18 that spurred a keen interest in nutrition. Now a performance based individual that trains and plays sport himself Ben blends his nutritional knowledge from both 1st hand experience, the science, and a potent background of coaching athletes and personal trainers.

Ben runs [www.bodytypenutrition.co.uk](http://www.bodytypenutrition.co.uk), an online nutrition coaching company that also runs a 12 month Personal Trainers nutrition development program to equip individuals and coaches with all the skills they need to coach others with their nutrition.

Ben has the UK's #1 rated health & fitness podcast on itunes 'Ben Coomber Radio' with regular Q&A's and expert interviews such as Layne norton, John meadows, John Keifer, CT Fletcher, Scott Baptie and many more. Get the show here:

[www.bencoomber.com/podcast](http://www.bencoomber.com/podcast)

Check Ben's website where he has online seminars, ebooks, audio interviews and more:  
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