

# RUGBY RENEGADE

|| STRENGTH AND CONDITIONING ||

Rugbyrenegade.com



## Rugby Renegade Nutrition Ebook

#BuildingMachines

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## INTRODUCTION

Welcome to the Rugby Renegade Nutrition Ebook. The purpose of this ebook is to give you knowledge to support your training with the best nutritional information available. We strongly believe that although training can do a lot, it can't do everything and on top of that the better your nutrition the better your performance, recovery and results will be.

“You can't out-train a bad diet!”

## WHY NUTRITION IS IMPORTANT

- Supports Muscle Growth
- Enhances Recovery from training and Games
- Supports the immune system to keep us healthy
- Makes bones strong
- Provides energy to train and play
- Delays fatigue in games
- Allows us to think better

These are just some key examples of why eating right is so important for young rugby players.

The normal growth and maturation process coupled with the training demands means that a good nutrition plan that provides the following key focus areas is a priority for physical development.

- Correct Protein Intake
- Correct Carbohydrate Intake
- Correct Balance of Essential fatty acids
- Good Intake of fruit and vegetables to ensure a wide range of antioxidants and minerals and fibre

Adequate intake of right type of fluids for hydration

Many of today's players have benefited from making major adjustments to their eating habits during their early years in the professional academies.... Now is the time to improve your nutrition, getting bigger, stronger, leaner doesn't just happen, it's the result of hard training and good nutrition. But remember, training may only be for 1 -hour a day, no matter how hard you train that will not make up for poor nutrition. Feeding your body with all the correct nutrients it needs is a full time job, 7 days a week.

<http://www.rugbyrenegade.com>

# Protein

Proteins are important nutrients found in a large number of foods and perform many vital roles in the body. One of the main roles is to supply nitrogen in the form of amino acids, which are the building blocks for protein synthesis, which will lead to muscle growth when combined with resistance training.

The word protein comes from the Greek language and means  
***“of primary importance”***

- Over 50 % of the dry weight of the human body is protein.
- Protein is the only nutrient that can be used to build muscle.
- The structure of your genes and your brain cells is pure protein.
- All bodily functions, from the blink of an eye to the creation of new muscle tissue, are controlled by thousands of different enzymes. Enzymes are made of proteins.
- Hormones are complex structures of various proteins.

The ‘working parts’ of your structure are constantly being replaced with new proteins. In six months from now your biceps, your blood, your enzymes and even the structure of your genes will all be replaced. Once protein foods are digested they are broken down into smaller units called amino acids.

There are about 20 different naturally occurring amino acids, of which 9 are essential. This means our bodies cannot make them and therefore they must be supplied in regular and adequate amounts from our foods. In order for the body to use effectively and synthesise protein all the essential amino acids must be present in the correct proportions. Even the temporary absence of a single amino acid can adversely affect protein synthesis. Therefore meals should contain sources of complete proteins or a balance of incomplete proteins. Food can be grouped into complete and incomplete proteins.

Complete proteins contain all the nine essential amino acids. Examples include meat, poultry, seafood (fish), eggs, milk and most dairy products. Incomplete proteins are foods, which are lacking in certain essential amino acids and cannot be used effectively when eaten alone.

Vegetables, seeds, nuts, rice, pasta, grains and beans are good examples.

However by mixing certain incomplete protein foods you can achieve the balance of essential amino acids your body requires, e.g. beans on toast.

## GOOD PROTEIN SOURCES



# PROTEIN OPTION LISTINGS:

To provide approximately 30g of protein per serving



**Salmon Fillet**  
1 medium  
sized



**Tinned Salmon**  
100g drained  
weight



**Extra Lean Beef Mince**  
150g raw  
weight



**Sirloin Steak**  
150g raw  
weight



**Chicken Breast**  
Skinless 150g  
raw weight



**Sliced Ham/Turkey/Pastrami**  
150g



**Tinned Tuna**  
185g can or  
100g drained



**Low Fat Cottage Cheese**  
230g



**Ham Omelette**  
3 whole eggs &  
100g ham



**Prawns**  
150g raw weight



**Tofu**  
200g



**Promax Whey**  
40g to mix with  
water

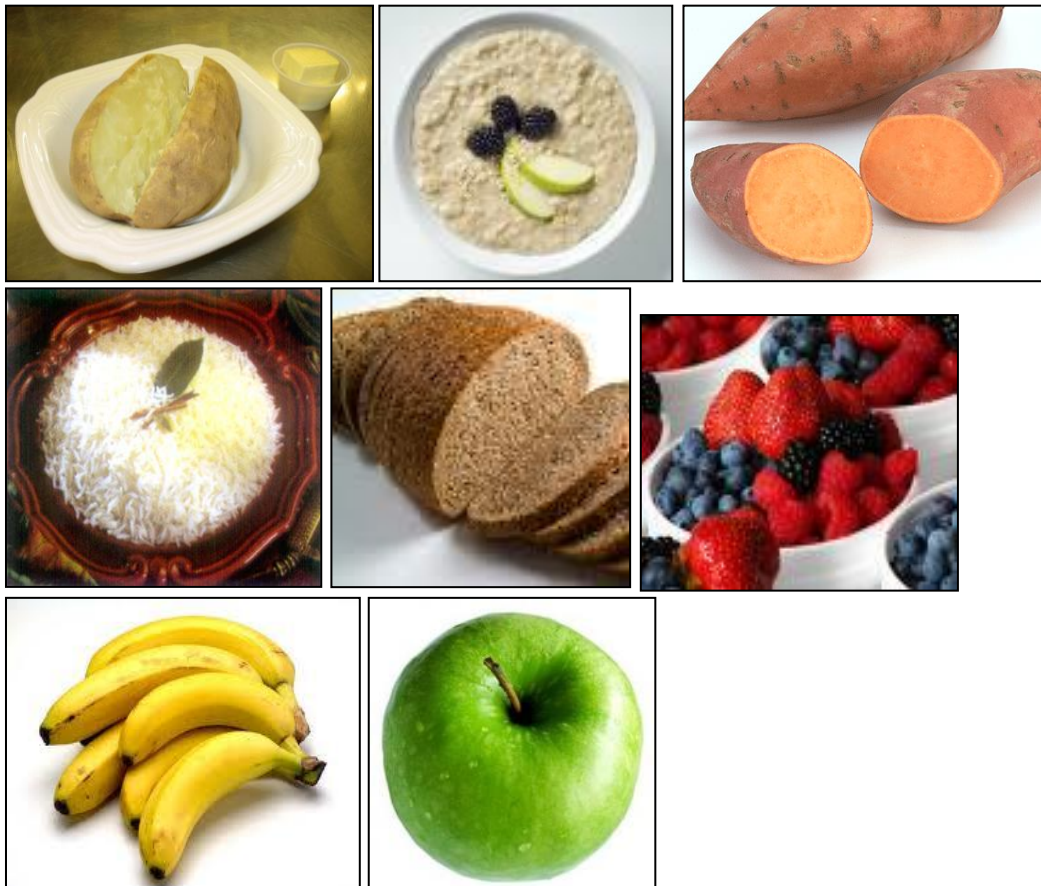
# Carbohydrates

Carbohydrate sources which are natural are the preferred choice, i.e. if it grows as nature intended then this will be superior to man made, obvious examples include potatoes, fruit, rice, salad and vegetables.

However within this group of natural carbs we can make choices that improve our nutrient intake or provide a slower release of energy, for example a sweet potato provides the same amount of carbs and energy as a baked potato, but the energy will be released at a slower rate and the sweet potato also provides a great source of Beta Carotene, the natural plant form of Vitamin A, which is beneficial for the immune system.

Other good examples include choosing whole grain and wild rice over plain quick cook rice, the quick cook rice is highly processed and has less nutrients while the whole grain and wild rice provide more fibre and vitamins.

## GOOD CARB CHOICES



# CARBOHYDRATE VEGETABLES:

To provide less than 10g of carbohydrates per serving



**Asparagus**  
4 large spears



**Aubergine**  
40g



**Broccoli**  
90g



**Cabbage**  
100g



**Carrot**  
1 large



**Cauliflower**  
100g



**Courgette**  
150g



**Garlic**  
1 clove



**Green beans**  
200g cooked



**Kale**  
150g cooked



**Mushrooms**  
100g



**Onion**  
100 g



**Green Pepper**  
150g



**Romanian Lettuce**



**Spinach**  
100g



**Tomato**  
1 large



# CARBOHYDRATE LISTINGS:

Grains, Breads, Pastas & Cereals

Provides approximately 50g of carbs per serving



**Bagel**  
1 average size



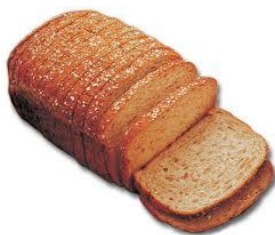
**Brown Rice**  
200g cooked or 4  
tablespoons



**Flour Tortilla**  
2 x 8" diameter



**Whole wheat  
Spaghetti**  
180g cooked



**Wholemeal Bread**  
180g cooked



**Wholemeal Pita Bread**  
1.5 medium



**Baked Potato**  
1 medium/200g cooked



**Muller Rice**  
Standard size



**Watermelon**  
300g



**Porridge Oats**  
90g dry weight



**Baked Beans**  
300g

# Fruits

Due to their nutritional and health benefits, it's recommended that fruit and vegetables form the basis of your diet, with a minimum intake of five portions each day – about a third of your daily food consumption. Currently the UK averages two to three portions a day, so we're falling well short of the benefits they can provide.

Fruit and vegetables should be incorporated into every meal, as well as being the first choice for a snack. Population studies have shown that people who eat a lot of fruit and vegetables may have a lower risk of chronic disease, such as heart disease and some cancers. Health benefits can be gained from fresh, canned (in natural juice), frozen, cooked, juiced or dried versions. Potatoes don't count though, as they're a starchy food.

Fruit and vegetables of differing colours contain diverse mixtures of phytonutrients (protective plant compounds). These can act as powerful antioxidants, protecting the body from harmful free radicals and helping to protect against certain chronic diseases such as cancer. Some fruit and vegetables are labeled as 'super foods' because they contain high concentrations of some phytonutrients, particularly antioxidants, which appear to be beneficial to health.

**Blueberries** – contain flavonoids that can improve circulation and help defend against infection

**Broccoli** – rich in the antioxidants vitamin C and beta-carotene, as well as folate, all of which can protect against cardiovascular disease and cancer

**Tomatoes** – rich in lycopene, a powerful antioxidant that can protect against harmful free radicals.

But variety is the key. In addition to these phytonutrients, each variety of fruit and vegetables contains its own combination of vitamins, minerals and fibre.

Choosing a variety throughout the day will provide a diverse package of essential nutrients.

# FRUIT LISTINGS

Provides approximately 25g of carbohydrates per serving



**Apple**  
1 large



**Banana**  
medium



**Blueberries**  
150g



**Grapefruit**  
1 whole



**Fruit Juice**  
250 ml



**Mango**  
165 g



**Nectarine**  
2 medium



**Peach**  
2 large



**Pear**  
1 medium



**Pineapple**  
180 g



**Strawberries**  
200g



**Watermelon**  
300g



**Raspberries**  
200g



**Honey Dew Melon**  
250g

# Nutritional Benefits of FRUIT



**Apples**  
**Strong Bones**  
bone protection  
lowers cholesterol



**Bananas**  
**Helps prevent cramp**  
lowers blood pressure  
hydration  
gut health



**Blueberries**  
**Helps prevent colds & Flu**  
high antioxidant content  
immune health



**Grapefruits**  
**Helps prevent colds & Flu**  
high in vitamin C  
immune health



**Mangoes**  
**Helps eyesight**  
**Regular bowel movement**  
High in fiber  
Preserves vision



**Nectarines**  
**Helps prevent colds & Flu**  
**Regular Bowel movement**  
high antioxidant content  
helps prevent cancers  
Gut health



**Peaches**  
**Helps prevent cramp**  
**Regular Bowel Movement**  
high in potassium  
Gut health



**Pears**  
**Regular bowel movement**  
**Strong bones**  
gut health  
bone health



**Strawberries**  
**Helps prevent Colds & Flu**  
**Helps reduce post training muscle pain**  
High in antioxidants  
maintains blood sugar  
anti-inflammatory properties



**Watermelon**  
**Helps prevent heart problems**  
reduces cholesterol  
lowers blood pressure



**Raspberries**  
**Helps prevent Colds & Flu**  
High in antioxidants  
high in minerals



**Pineapples**  
**Helps reduce post training muscle pain**  
anti-inflammatory properties  
high in anti-oxidants



**Honey Dew Melon**  
**Helps prevent cramps**  
High in potassium  
hydration  
helps maintain vision



**Oranges**  
**Regular bowel movements**  
**Helps reduce post training muscle pain**  
high in fiber  
high in anti-oxidants



**Blackberries**  
**Helps prevent Colds & Flu**  
high in anti-oxidants  
helps fight heart disease



**Grapes**  
**Helps prevent heart problems**  
reduces cholesterol

# Fats

Athletes need good fats in their diet. Fat is the most energy dense of all the macronutrients, containing 9 calories per gram. (Carbohydrates and proteins contain only 4 calories per gram).

**Unsaturated fats** have empty spaces where hydrogen atoms are missing. These spaces link up with molecules making them biologically active. These good fats have certain roles to play such as:

- Forming the major components of cell membranes
- Play a major role in the brain, eyes and ears
- Needed for the adrenal glands and the production of hormones

**Mono-unsaturated fats** are considered to have a beneficial effect on the heart by improving cholesterol ratios. This is achieved by lowering LDL (the bad cholesterol) while not affecting the (good cholesterol) HDL. This type of fat is found in olive, rapeseed and peanut oils.

**Poly-unsaturated fats** contain the essential fatty acids. These fatty acids are a sub group that our bodies cannot manufacture and therefore need to be consumed in regular and sufficient amounts. The two essential fatty acids are Omega-3 and Omega-6.

**Omega-3 fats** are protective against factors, which can lead to heart disease. Studies have shown Omega-3 to:

- Reduce the build up of fat in blood vessels
- Prevent blood clots forming by regulating the viscosity of the blood
- Reduce triglyceride levels
- Lower blood pressure
- Increase the flexibility of arterial walls allowing for improved blood flow
- Omega-3 and athletic performance

Current research shows boosting omega-3 intakes may:

- Enhance oxygen delivery
- Increase energy levels
- Reduced inflammation caused by intense training
- Improved insulin sensitivity
- Reduce Body fat
- Maintain lean muscle during injury phases

Rich sources of Omega 3 include: Oily fish – salmon, fresh tuna, herring, mackerel, kippers, sardines, pilchards, flaxseeds, nuts, vegetable oils including flaxseed, rapeseed, walnut oil and eggs.

**Omega 6 fatty acids** cannot be manufactured in the body however current western eating patterns show we are already consuming sufficient Omega 6. The focus should be on increasing the intake of Omega-3 to balance essential fatty acid ratios.

Sources include vegetable oils such as sunflower, maize, cottonseed, peanut and grapeseed, and margarines

**Saturated Fats** - There is evidence on high saturated fat intake being implicated with heart disease, however it is not fully known if those studied were also eating foods rich in trans fatty acids. Saturated fats found in highly processed foods should be avoided.

For young athletes we should not be concerned with moderate levels of saturated fats found in natural wholesome foods such as eggs, red meats and whole milk. These are all nutritious foods that provide protein and vitamins and useful calories.

There has been good research to show a moderate saturated fat intake will maintain better testosterone levels than a low fat diet

## FATS TO AVOID!!!

Modern processing changes the chemical character of fatty acids in oils which results in the human body being unable to use them. A trans fat is created when hydrogen is added to vegetable oil to keep it stable for frying and prevent it from going rancid.

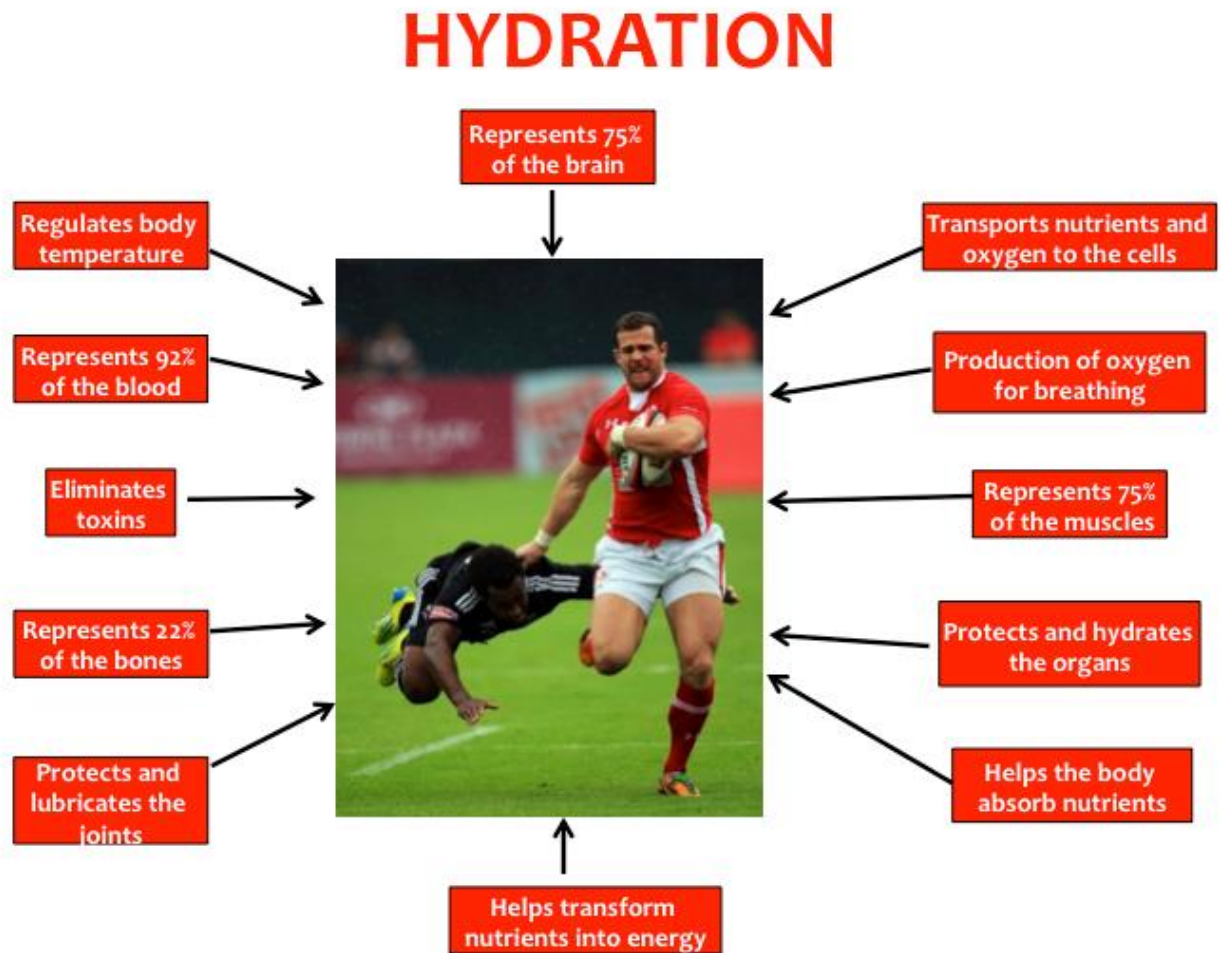
These trans fatty acids behave like saturated fats and lower good cholesterol (HDL) and increase bad cholesterol (LDL).

Found in highly processed foods such as cakes, chocolates, frozen meals, pies, processed meats and oils such as palm and kernel oils. These fats are potentially the most harmful and there is serious concern regarding their implications for cardiovascular health.

Avoid trans fatty acids where possible – you know where they are – Shit food!!!!



## Key Points for Hydration



- Being hydrated improves strength, muscle gains and concentration
- Isotonic drinks are only needed during training sessions lasting more than 1 hour and stop fat being burnt for energy
- Do not take Isotonic drinks during the day as they provide excess sugars
- In games being hydrated delays fatigue and improves performance

## Importance of Hydration

Players should make a conscious effort to turn up for training in a fit state to work. This means being properly hydrated. Players may make more of an effort to hydrate for games, but training should also be a focus area.

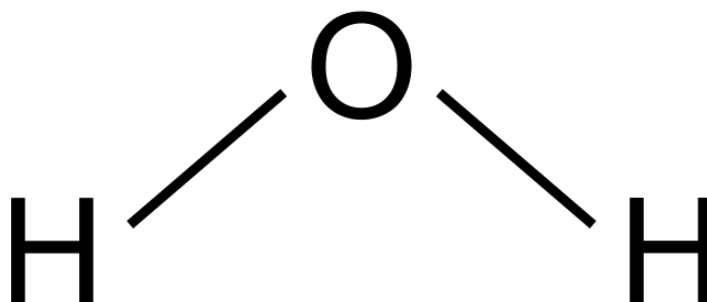
Monitoring bodyweight on a daily basis can be a good way to ensure you are drinking enough fluid.

- Strength athletes grow faster when fully hydrated. Being de-hydrated reduces the natural production of anabolic hormones and stimulates the production of catabolic hormones.
- There is a positive correlation between growth hormone levels and hydration.
- If you lose more than a couple of percent of your bodyweight through de-hydration the quality of a strength session will decline.
- Fat cells that have a good water supply release their fatty acids into the bloodstream easier and muscle cells that have a good water supply tend to utilise less protein as an energy source.

### **NEGATIVE ASPECTS OF DE-HYDRATION**

Athletes generally relate de-hydration with cramp, however the negative results of low fluid levels can occur much earlier than this.

- Dehydration impairs the body's ability to regulate heat resulting in increased body temperature and an elevated heart rate.
- Perceived exertion is increased causing the athlete to feel more fatigued. Cognitive function is reduced resulting in poor decision-making and concentration.
- Gastric emptying is slowed, resulting in stomach discomfort and slow uptake of glucose from isotonic drinks.





# SUPPLEMENT SAFETY

## WARNING TO ALL RENEGADES

Only use supplements that have been advised by your conditioner or nutritionist and make sure they are

‘Informed Sport Registered’



# **Supplements Overview**

## **WHEY PROTEIN**

Protein is essential for rugby players in order to promote recovery, muscle growth and repair and there is no other protein source that can compare with whey protein powder in terms quality, cost and convenience. Aim for 1.5-2 grams of protein per kilo of bodyweight daily.

## **CREATINE MONOHYDRATE**

Creatine Monohydrate increases the explosive energy stores in our muscles, increasing strength and power, both of which are essential attributes for rugby players. No performance supplement has been researched as heavily as creatine monohydrate and studies have shown that rugby players would benefit from supplementing with five grams of creatine daily.

## **BETA ALANINE**

Beta Alanine is another very well researched supplement. It helps to buffer lactic acid which causes fatigue during a game. Beta Alanine works well with creatine and gives you the ability perform at a higher intensity for a longer period of time. Supplement with five grams of beta alanine daily and you should start to feel the benefits within two weeks.

## **ZMA**

ZMA is a patented zinc and magnesium formula with added vitamin B6. These two essential minerals support a number of functions in the body including muscle function and normal testosterone production. Healthy testosterone levels are key for rugby players to ensure optimum performance and recovery. ZMA should be used before bed to promote recovery (it can also induce some pretty interesting dreams too).

## **BCAAS**

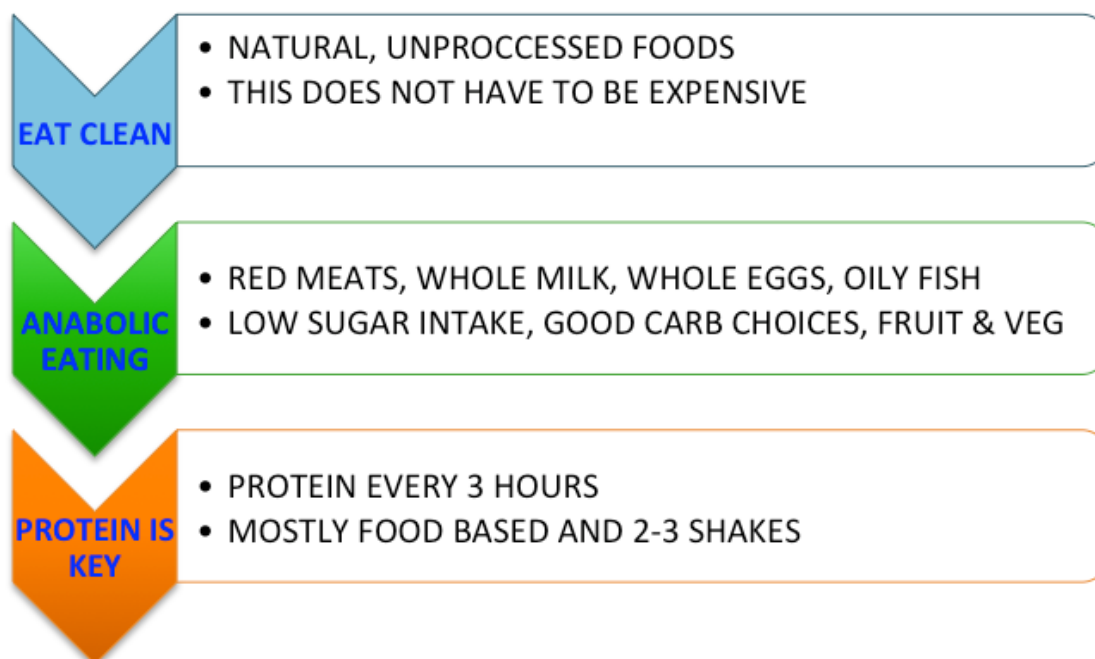
BCAAs or branched chain amino acids are the three essential amino acids leucine, isoleucine and valine. These three amino acids, and in particularly leucine play a vital role in muscle protein synthesis (muscle growth) and recovery. BCAAs are a great addition to your water during training or a match and also a great option for those looking to lose fat.

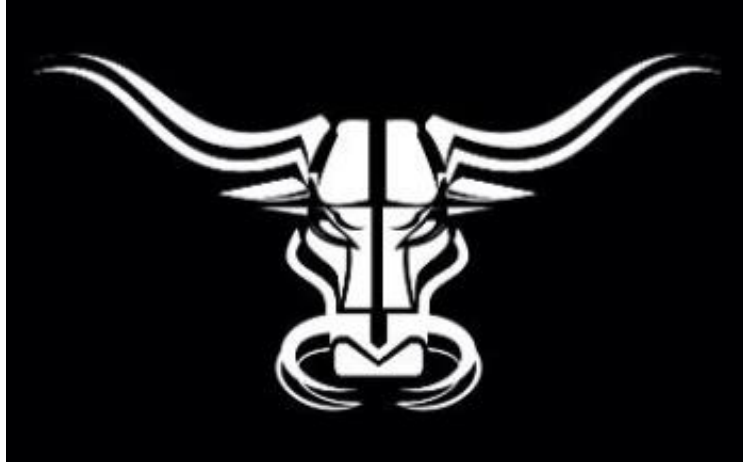
## Rugby Renegade Example Weekly Diet Plan

	<b>BREAKFAST</b>	<b>POST WEIGHTS Or MID AM</b>	<b>LUNCH</b>	<b>SNACK PM</b>	<b>DINNER</b>	<b>PRE BED</b>
<b>MON</b>	Scrambled eggs (4) with 4 whml toast and beans	Protein shake and banana	2 chicken breasts with peri-peri, 4 tbl spoons cooked wild rice, mixed veg, yogurt and piece fruit	Seeded bagel with peanut butter	2 salmon fillets with sweet potato and mixed salad	½ pint semi-skimmed milk and peanut butter toast
<b>TUE</b>	Ham Omelet (100g lean ham, 3 whole eggs, 4 whml toast)	Protein shake and banana	Turkey stir fry (150g meat) with 2 wml wraps, yogurt and piece fruit	200g natural yogurt with diced apple and pecans	10 oz steak with handful boiled potatoes and mixed veg	Greek yogurt with nuts and fruit
<b>WED</b>	1 seeded bagel with 3 rashers lean grilled bacon, mushrooms and tomatoes	Protein shake and banana	Double chicken breast pitta with mixed leaf salad, spicy rice	Low fat cottage cheese (120g) and apple mid pm	Chili 200g lean steak mince, serve with 4 tablespoons wild rice and side salad.	Chicken salad
<b>THUR</b>	Protein porridge 100g dry weight oats, scoop Protein, add water and cook, add tbs blueberries	Protein shake and banana	Medium baked potato with 200g low fat cottage cheese and mixed salad, yogurt and piece fruit	2 poached eggs and 3 whml toast	Large tuna steak with soy sauce and free range egg noodles (large handful) and mixed veg	½ pint semi-skimmed milk and peanut butter toast

<b>FRI</b>	Scrambled eggs (4) with 4 whml toast, beans	Protein shake and banana	Tuna (can) with pasta (2 handfuls), mixed veg and low fat sauce, yogurt and piece fruit	2 whml wraps with chicken breast and salad	Spaghetti Bolognese (200g lean steak mince, 100g pasta)	Greek yogurt with nuts and fruit
<b>SAT</b>	Protein pancakes with blueberries and a banana	Protein shake and banana	Tesco Paella with granary stick	2 poached egg on 2 whml toast and few beans	Cheat Meal	
<b>SUN</b>	Cheese and spinach omelet (4 whole eggs) with sautéed potatoes	Protein shake and banana	Sunday Roast	200g natural yogurt with diced apple and pecans	Prawn stir fry with free range egg noodles and veg	Chicken salad

## Renegade Rules for Building Muscle





# **RENEGADE KITCHEN**

## **USEFUL RECIPES**

# Renegade Kitchen - High Protein Snacks

## Renegade Smoothies

### Ingredients:

- 150ml apple juice
- 30g Promax Natural
- 2 tbsp low fat natural yoghurt
- Handful of raspberries
- Handful of blueberries
- ½ tsp honey (optional)

### Preparation & Cooking times:

- Prep – 5 minutes
- Cooking – 0 minutes
- Serves 1 smoothie

### Nutrition per serving:

- Per smoothie: 240kcal, 31g protein, 26.8g carbs, 1.9g fat, 1.4 fibre.



### Method

1. Place all ingredients in a blender and blend until smooth. Serve immediately

### Ingredients:

- 150ml almond milk
- 30g choc whey
- 2 tbsp greek yoghurt
- tablespoon peanut butter
- tablespoon almond butter
- banana

### Preparation & Cooking times:

- Prep – 5 minutes
- Cooking – 0 minutes
- Serves 1 smoothie

### Nutrition per serving:

- Per smoothie: 240kcal, 31g protein, 26.8g carbs, 1.9g fat, 1.4 fibre.



# Renegade Kitchen - High Protein Snacks

## Strawberry & Banana Protein Bars

### Ingredients:

- 1 cup raw oatmeal
- 90g Strawberry Promax
- ¼ cup fat free cream cheese
- ½ cup non fat dry powder milk
- 2 egg whites
- ¼ cup water
- 1 ½ bananas, mashed
- 2 tsp Rapeseed oil



### Preparation & Cooking times:

- Prep – 5 minutes
- Cooking – 35 minutes
- Serves 6 bars

### Nutrition per serving:

- Per Bar: 203kcal, 22g protein, 22g carbs, 3g fat.

### Method

1. Preheat oven to 325 degrees.
2. Grease a 9"x9" square baking tray.
3. Combine oatmeal, Promax, and dry milk-Set aside.
4. In another bowl beat together with an electric hand mixer; cream cheese, egg whites, bananas, water and oil.
5. Add the oat mixture and continue to beat until the two are combined.
6. Pour batter into the prepared pan and bake for <http://www.rugbyrenegade.co.uk> 30-35 minutes or until skewer comes out clean.

# Renegade Kitchen

## Moroccan Meatballs with Herb Couscous

### Ingredients:

- 500g lean minced lamb (pork or beef)
- 1 red onion, grated
- 2 garlic cloves, crushed
- 2cm chunk root ginger, grated
- a pinch dried chilli flakes
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- olive oil
- 2 x 400g tins plum tomatoes
- 200ml chicken stock



### Preparation & Cooking times:

- Prep – 60 minutes
- Cooking – 0 minutes
- Serves 4

### Nutrition per serving:

- 544 calories, protein 30.2g, carbohydrate 36.7g, fat 31.7 g, saturated fat 15.2g, fibre 2g, salt 1.67 g

### Method

1. Put the lamb, onion, half the garlic, half the ginger and half the spices in a bowl and season well. Mix (clean hands are best) and form into little meatballs (you'll make around 30).
2. Heat 1 tbsp olive oil in a large non-stick pan and add the meatballs in batches, frying until browned all over. Scoop out, then add the rest of the garlic, ginger and spices and cook for 2 minutes. Add the tomatoes and stock and season. Simmer for 10 minutes, then add back the meatballs and cook for another 20 minutes until sauce is thickened. Stir in the coriander.
3. To make the couscous put in a bowl with the butter and some seasoning. Pour over the chicken stock and cover with cling film. Leave for 10 minutes. Stir the herbs through and serve with meatballs.



# Renegade Kitchen

## Tuna Sweet corn Burgers

### Ingredients:

- 85g wholemeal bread , torn into pieces
- 198g can sweetcorn, drained
- 2 x 185g cans tuna in water, drained well
- 25g grated cheddar
- 3 spring onions , finely chopped
- 1 egg, beaten
- 2 tbsp vegetable oil
- wholegrain bread rolls, lettuce, salsa



### Preparation & Cooking times:

- Prep – 5 minutes
- Cooking – 10 minutes
- Serves 4

### Nutrition per serving:

- 262 Kcal, 22g Protein, 21g Carbohydrate, 11g Fat, 3g Saturated Fat, 1g Fibre, 5g Sugar, 0.87g Salt

### Method

1. Whizz the bread in a food processor to crumbs, tip into a bowl, then whizz half the sweetcorn until finely chopped. Add the chopped corn, remaining whole corn, tuna, cheese, spring onions and some seasoning into the bowl with the bread and mix well. Add the egg, bit by bit (you may not need it all), until the mixture is sticky enough to be shaped into four even-size burgers.
2. Heat the oil in a non-stick pan, then cook the burgers for 5 mins on each side until golden and hot through the middle. Stuff into wholemeal buns with your favourite lettuce and a good dollop of salsa.