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# Snacks

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Matt Lovell – Elite Sports Nutritionist

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## About Matt Lovell

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Matt is currently the Sports Nutritionist for the **England Rugby Team** and the **UK Athletics squad** preparing for the 2012 Olympics.

### Some other career highlights

- Qualified Personal Trainer
- Studied Nutrition at Institute Optimum Nutrition, London
- Worked in Harley Street, specializing in elite sports, female hormonal health and body composition management.
- Milwall Football Club FA Cup Finalists/ Premiership
- 2002 Started working with England Rugby Team
- 2003 England Rugby team lift the World cup
- Consultant to Gloucester RFC, Leicester Tigers RFC, Wasps, Saracens, London Irish
- Consultant to Mule Bar and Kinetica Supplement Companies

Matt currently runs his own elite performance based company. This is aimed at elite athletes, corporations and individuals that want to improve their health. He has written the popular Fat Loss Program '[Four Week Fat Loss](#)' and '[Regenerate](#)' a muscle building anabolic program.

## **SNACKS**

The snacks that you have in between your main meals can be the making or the breaking of your sports nutrition plan. As with everything nutrition based it pays to be prepared.

Here are some different snacks that you can choose from, try them all and use them to keep the variety up in your diet.

### **Whey Protein Shake**

Choose a whey version with low carbs not a muscle building formulation. To the whey you can add cottage cheese, yoghurt, liquid egg whites, ice and a small amount of fruit. Play around with the quantities if you use only a little milk or water and about 3 ice cubes and fruit chunks from the freezer the mix comes out like frozen ice cream which is a real bonus if you are craving something sweet.

### **Celery and Nut butter**

The simplest version of this is to spread peanut butter in the curve of a celery stalk. It's like the celery is perfectly designed to take the peanut butter. There are various different nut butters you can find in whole food shops and online. E.g. Pumpkin seed, Sesame Seeds, Macadamia, Almond, Cashew, Hazelnut (not nutella), Walnuts etc.

Avoid sunflower seed butter as it is high in Omega 6 oils.

Or just have the celery with a handful of nuts. Celery is good because it is very low in carbs, gives you something to chew on and when combined with the good fats in the nut butters can help fill you up.

### **Houmous with raw vegetables**

Another great sports nutrition snack, the best vegetables to choose to go with your houmous (Chickpea, Garlic and Sesame Seed Dip if you've never had it before) are Celery, Carrot Sticks, Peppers (Red, Green and Yellow, Broccoli and Cauliflower (Raw or cooked). There is some protein in the houmous from the chick peas, good fats from the sesame seed, garlic also has anti-inflammatory properties.

### **Yoghurt and Protein Powder**

This is another great versatile snack that can serve as a pudding if and when you are craving something sweet. Start with plain or natural yoghurt as these have the lowest levels of carbohydrates in them, a lot of flavoured yoghurts has loads of sugars in them. If your budget allows purchase Organic yoghurt.

I mix this straight in the bowl that I am going to eat it from.

Depending on the starting thickness of your yoghurt, (I personally prefer the taste of thicker Greek style Yoghurts) you may or may not have to add some milk or water to thin the mixture down after you have added your protein powder and stirred it round. Then you can add some fruit, nuts and seeds into the mix. You may want to add a spoonful of Manuka honey for its immune boosting properties, be careful adding too much honey if body composition is an issue for you.

### **Cottage Cheese with Nuts and Seeds**

Cottage cheese can often come in a handy snack sized pot of around 150g or it is easy enough to spoon some out into a small Tupperware container. You can flavour your cottage cheese adding raw onions, fresh herbs and chili's depending on your taste buds and sprinkle with some nuts. Depending on how big a snack you need you can eat a piece of fruit with your cottage cheese.

### **Cottage Cheese with Pickles**

Adding a spoonful of your favorite pickle to your cottage cheese can really liven it up. Check out the carbohydrate and in particular the sugar content as some pickles can be very high, if so just be very sparing or choose one with lower sugar content. My partner has just started making [Chili and Coriander Jam](#) it's absolutely delicious and it transforms cottage cheese.

### **Cottage Cheese with Oatcakes**

Depending on how much training you are doing you could add some oatcakes to eat with your cottage cheese, as their name suggests these are cracker type biscuits that are made from oats not wheat so they have a lower GI and don't cause the bloating type issues that wheat can.

### **Jerky or Biltong**

These are cured dried meats that are really dry and sometimes have the consistency of card board they are not quite as tough as the fake bones that dogs get to chew on. Jerky is what it's called in North America and Biltong is what the South Africans call it.

These products are very high in protein and are a great snack food. One thing to be aware of is that some of these products are flavoured so make sure you check the labeling to see how much sugar has been added to them, choose a brand that has very little or no sugar added to it.

They come in all different types of meat it's not just beef so try and mix it around and get funky with it.

You can add a piece of fruit or some raw veggies to make this a complete snack food.

### **Protein Bar with a Piece of Fruit**

This is one of the handiest snacks you can have to carry around with you, while most bars have good levels of protein in them they are usually lacking in other nutrients that you get from fresh fruit and veg. Try not to have too many protein bars it's always better to get your food from real sources.

If you like tinkering in the kitchen you can make your own protein bars the base is whey powder, ground flax seeds and peanut butter from there you can add any other nuts and seeds that you fancy, they can turn out quite yummy and are dead easy to make.

### **Nuts and Seeds General**

Nuts and seeds are full of healthy fats, some protein and also some carbs, you could easily exist on nuts and fruit and not really need much else to live a healthy life. Eat raw nuts and seeds don't buy roasted and salted varieties and eat them sparingly as they are high in calories. Don't sit in front of the TV with a big bag of macadamias and just keep scoffing them. Never eat while watching TV actually but that's a story for another day.

### **Fruit**

Eat a range of fruit if you see a fruit you've never tried before buy one and try it you don't know what you are missing. Tropical fruits are particularly good pre match, Mangoes, Papaya, Pineapples, and Bananas. The ideal approach is to eat a range of different coloured fruits and not just stick to your usual 1 or 2 favorites.

When you eat fruit try and consume some protein with it, you can do this most easily by eating some fruit and nuts.

## **SNACKS TO AVOID**

### **Dried Fruit**

Moderate your consumption of dried fruit as it is virtually all sugar, you can eat small amounts immediately post training but avoid it at other times, it's better to eat real fruit as this will keep you fuller for longer.

### **Sunflower Seeds**

These are very high in Omega 6 oils that we want to limit our consumption, so it's best to avoid them. You will get enough omega 6 oils from other areas of your diet so you don't need to worry.

## RESOURCES SECTION



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<http://sportsnutritionvlog.com/products-page/>



[Four Week Fat Loss](#)

This is my best selling fat loss programme where clients lose on average 10 lbs of fat in a month.

<http://fourweekfatloss.com/order/>



[Regenerate – Muscle Building](#)

This is my 12 week muscle building programme that I've used with professional athletes. This is how some Rugby players stack on 10Kg of muscle in the off season.

<http://sportsnutritionvlog.com/regenerate.html>



**Matt Lovell**  
Elite Sports Nutritionist

[www.SportsNutritionVlog.com](http://www.SportsNutritionVlog.com)

[Sports Nutrition Vlog](#)

My video website where I share the latest info from the world of Elite Sports.

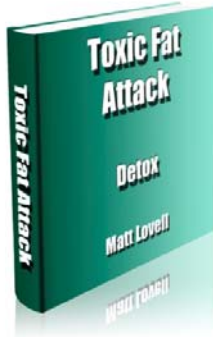
<http://SportsNutritionVlog.com>



### [Fat Loss Chef](#)

Do you know the 10 meals that you only ever need to know how to prepare?

<http://fatlosschef.com/you-only-need-10-recipes.html>



### [Toxic Fat Attack](#)

Detox is a bigger area than you might think, it's not just about hangover cures. Detoxing your body can improve your PERFORMANCE.

<http://sportsnutritionvlog.com/toxic-fat-attack/>



### [Inner Circle](#)

#### **Members only area**

You get to ask me any nutrition related questions, ideal for Personal trainers and those really serious about their Performance.

<http://SportsNutritionVlog.com/Inner-Circle/>



### [Match Day Nutrition](#)

How to get an unfair advantage by eating POWER foods and supplements that BOOST your PERFORMANCE and provide an unfair ADVANTAGE.

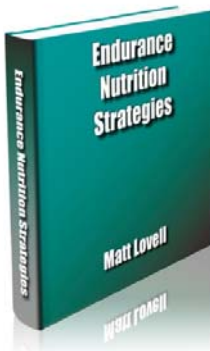
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### [Blood Sugar Control](#)

The BIGGEST THREAT to your health is not knowing how to CONTROL YOUR BLOOD SUGAR LEVEL.

<http://ControlBloodSugar.co.uk/>



### [Endurance Nutrition Strategies](#)

Nutrition strategies that every endurance athlete needs to REALISE their potential.

<http://sportsnutritionvlog.com/endurance-nutrition/>



### [Immunity and Nutrition](#)

More athletes underperform because of this than any other reason, the ability to resist illness can often be the difference between SUCCESS AND FAILURE.

<http://sportsnutritionvlog.com/immunesystem.html>