



## You're doing great in your FootieBugs classes, keep up the good work!

Training is really important and listening to your coach will give you a real edge. True professionals however are prepared to go that extra mile to succeed. To help you out, my expert team and I at FootieBugs HQ have put together this little nutrition sheet to help you and your family eat like professional footballers.

The food will be tasty, but it shall also improve your performance both on and off the pitch. It is time to eat and drink like a pro. See you in the Premier League!



### Recipe One: Eaton Messi

#### Ingredients

- 400g fresh strawberries
- 120g low fat soft cheese
- 240g low fat Greek yogurt
- 4 x meringue nests (ready made)

#### Directions

1. Wash the strawberries well, hull and dice. Save a few 'pretty' strawberries to decorate the top if you like, just slice them in half. Pop the strawberries to one side.
2. Carefully blend together the soft cheese and yogurt.
3. Crumble the meringues, with your (clean!) hands, into the soft cheese and yogurt mixture. It's best to have a mixture of chunky bits as well as some 'dust' but don't make lots of small pieces.
4. Immediately stir through the diced strawberries, spoon into 4 bowls and top with the halved strawberries. Serve immediately.



### Recipe Two: World Cup Samba Smoothie

#### Ingredients

- 1 cup non-fat or 1% milk
- 2 cups pineapple chunks
- 1 banana
- 1 cup cold water

#### Directions

##### Directions

1. Put all ingredients in a blender. Put lid on tightly.
2. Blend until smooth.
3. Pour into cups or glasses. Serve chilled.
4. Refrigerate or freeze extra portions for a fast, healthy snack.



## Recipe Three: El'Classico Enchiladas

### Ingredients

1 pound  
ground beef  
1 large onion, chopped  
1 clove garlic, minced, or 1/8 teaspoon garlic  
powder  
2 cups  
spaghetti sauce  
4 tablespoons  
fresh parsley, or 4 teaspoons dried  
1 teaspoon  
oregano  
1 teaspoon  
basil  
1 pint  
(2 cups) low-fat cottage cheese  
1 cup  
shredded mozzarella cheese (4 ounces)  
6 uncooked lasagna noodles  
1/2 cup  
grated parmesan cheese

### Directions

1. Cook ground beef over medium-high heat (350 degrees in an electric skillet) until it is no longer pink.
2. Drain fat, add onion, and cook until onion is clear.
3. Add garlic, 1 cup of the spaghetti sauce, and herbs; spread evenly in skillet.
4. Reduce heat to low (200 degrees in an electric oven), spread cottage cheese over mixture, and sprinkle with half of the Mozzarella. Top with 4 noodles, breaking remaining 2 to fill in open spaces.
5. Pour remaining spaghetti sauce evenly over the top of noodles; gently press noodles down to moisten.
6. Cover and simmer 15 minutes until noodles are tender. Top with remaining cheeses, cover, and simmer 2 more minutes or until cheeses are melted.
7. Let stand, covered, 5-10 minutes before serving.
8. Refrigerate leftovers within 2 hours.



## Recipe Four: Azzuri Lasagna

### Ingredients

1 pound ground beef  
1 large onion, chopped  
1 clove garlic, minced, or 1/8 teaspoon  
garlic powder  
2 cups spaghetti sauce  
4 tablespoons fresh parsley, or 4 teaspoons  
dried  
1 teaspoon oregano  
1 teaspoon basil  
1 pint  
(2 cups) low-fat cottage cheese  
1 cup shredded mozzarella cheese  
(4 ounces)  
6 uncooked lasagna noodles  
1/2 cup grated parmesan cheese

### Directions

1. Cook ground beef over medium-high heat (350 degrees in an electric oven) until it is no longer pink.
2. Drain fat, add onion, and cook until onion is clear.
3. Add garlic, 1 cup of the spaghetti sauce, and herbs; spread evenly in skillet.
4. Reduce heat to low (200 degrees in an electric skillet), spread cottage cheese over mixture, and sprinkle with half of the Mozzarella. Top with 4 noodles, breaking remaining 2 to fill in open spaces.