

Fun food facts



Angus Gunn



Both Chicken and Quorn are an excellent source of protein. Protein is essential for building and repairing the tissues in our bodies.



Banana Bread is a good food to eat before exercise as bananas are a good source of energy and are rich in potassium which supports muscle movement.



Mangoes are full of vitamin C which helps keep your blood cells, skin and bones healthy.



As a goalkeeper, Angus needs to be explosive and powerful to make big saves in big moments. To recover and get stronger from his many gym sessions, Angus will often consume lean sources of protein, including chicken, to support his recovery.



Rice provides a good source of slow-release energy and is very low in saturated fat.

WEEK 1

