

Badminton Player's Diet Chart - Alishuttler.com

Weekly Nutrition Plan (General Guidelines)

Time	Meal	Example
6:30 AM	Pre-training Snack	Banana or apple + handful of soaked almonds + glass of water
8:00 AM	Breakfast	Oats porridge with milk + 2 boiled eggs + 1 orange or seasonal fruit
11:00 AM	Mid-morning Snack	Greek yogurt + mixed nuts or protein bar
1:00 PM	Lunch	Brown rice or whole wheat roti + grilled chicken/fish/paneer + salad
4:00 PM	Pre-match Snack	Peanut butter sandwich or smoothie with banana and protein
6:00 PM	Post-training Snack	Whey protein shake + dates or fruit
8:00 PM	Dinner	Quinoa or chapati + vegetable curry + lentil soup + green salad
Before bed	Night Snack	A glass of warm milk + 1 date or 1/2 banana

Additional Tips

Hydration: Drink 3-4 liters of water daily. Add electrolytes after intense training.

Include: Iron-rich foods (spinach, dates), omega-3 (nuts, seeds), and antioxidants (berries).

Avoid: Sugary drinks, deep-fried foods, and heavy meals before games.

Supplements (if needed): Protein powder, Vitamin D, Calcium (consult your coach/doctor).