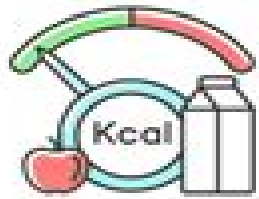


SOCCER PRO NUTRITION

Sample average macronutrient intake patterns of a small group of professional soccer players a 7-day period including 5 training days and 2 match days

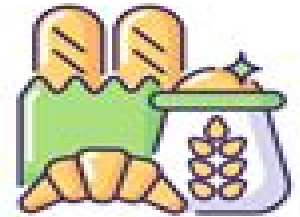


3000 kcals
3800 kcals ↑

ANDY THE RD

Training Day

★ Match Day ★



325 grams
525 grams ↑



100 Grams



200 Grams



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