How do you eat like a Premier League player?

Step 6-What do players eat?; Asmir Begovic

Interviewer: So Asmir we know you have a strict regime before games, so what is the typical meal that you would have before a game?

Asmir Begovic: Eh, the typical meal I have before a game is a well-balanced meal, eh obviously with protein, carbohydrates and a bit of fruit and veg as well. So you know I have some chicken, a bit of rice, and some broccoli. We’re lucky to have a nutritionist at our club. So, he tests us for everything that’s good, that suits our body. Maybe an hour, an hour and a half before the game, I tend to have a banana as well they give you a bit of energy and potassium, so it’s good. But one of the most important things as well is to be hydrated, so we have a lot of water, energy drinks, things that will keep you going through em, through a 90-minute match.