



BRIAN DARBY'S PRE TRAINING SNACK IDEAS.

Always have a snack before you come to training.
This will improve performance, reduce injuries and
make you feel full of energy.



**Scrambled Egg, Spinach
and Brown Toast.**



**Baked Beans on
Brown Toast**



**Oatcakes, Almond
Butter & Banana.**



**Greek Yoghurt,
Berries, Cashew nuts.**