

Professional Protein & Nutrition Plan

Rugby League — NRL & Super League Standards · Used by Top Professional Players

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1.6–2.2g protein per kg
daily

4–5 meals every 3–4
hours

20–40g protein per meal

6–8g carbs/kg on match
day

Daily Meal Plan — Used by Top NRL and Super League Players

Breakfast — Fuel Up

- Oats (1 cup) with milk (300ml) — slow-release energy
- 4 scrambled eggs — approx 28g protein
- Greek yoghurt (200g) — approx 17g protein
- Banana (large) — potassium and fast carbohydrates
- Glass of orange juice (300ml)

Approx 45g protein | 80g carbohydrates

Pre-Training — Power Up

- 2 x chicken breast sandwiches on wholegrain bread
- Mixed salad leaves with a thin layer of mayonnaise
- Rice cakes with peanut butter
- 500ml water with electrolytes

Approx 40g protein | 60g carbohydrates

Post-Training — Recovery Meal

- Whey protein shake (30g) — immediate muscle repair
- Salmon fillet (200g) — omega-3 fatty acids, approx 40g protein
- Sweet potato (large) — restocks muscle glycogen
- Steamed broccoli and spinach
- Piece of fruit (apple or orange)

Approx 70g protein | 70g carbohydrates

Evening Meal — Rebuild Overnight

- Chicken thighs or lean beef (200g)
- Basmati rice or wholemeal pasta (large portion)
- Mixed vegetables — peppers, peas, carrots
- Drizzle of olive oil — healthy fats
- Low-fat cottage cheese before bed — slow-release casein protein

Approx 55g protein | 90g carbohydrates

Top Protein Foods Used by Pro Clubs

Food	Protein Content	Key Benefit
Chicken breast	31g per 100g	Lean, versatile, high protein
Salmon	25g per 100g	Omega-3 for joint recovery
Eggs	6g per egg	Complete protein, all amino acids
Greek yoghurt	17g per 200g	Protein + gut health
Lean beef	26g per 100g	Protein + iron for energy
Tuna	30g per 100g	High protein, low fat
Cottage cheese	11g per 100g	Slow-release casein, ideal before bed
Whey protein shake	25g per scoop	Fast absorption post-training

Supplements Used at Elite Level

Supplement	Purpose
Creatine	Increases strength and power output
Beta-alanine	Delays muscle fatigue during high-intensity efforts
Electrolytes	Replaces sodium, potassium and magnesium lost through sweat
Caffeine	Improves focus and energy before training or match day
Whey protein	Fast-absorbing protein immediately after training

Hydration Tip — Drink 250ml of water every 10–15 minutes during training. Replace electrolytes (sodium, potassium, magnesium, calcium) lost through sweat to maintain peak performance and avoid cramps.

Always consult a qualified sports nutritionist for personalised advice. This plan is based on published NRL, QRL and Super League nutritional guidelines and is intended as a general guide only.