

Food diaries

Olympic athlete	Breakfast	Lunch	Dinner	Snacks	Drinks
 <p>Charley Hull golfer</p>	cereal and fruit	salad	chicken and vegetables	fruit	water
 <p>Dina Asher-Smith sprinter</p>	scrambled eggs with spinach	salmon with rice and vegetables	chicken with rice and salad	yoghurt, fruit and beef jerky	water and black coffee
 <p>Katarina Johnson-Thompson heptathlete</p>	granola with honey and yoghurt or toast with scrambled eggs	chicken or salmon salad or soup with a bread roll	chicken with vegetables or noodle stir-fry	cereal bars and bananas	water, milk and energy drinks

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 <p>Kat Driscoll trampolinist</p>	crumpets	sweet potato jacket and tuna or soup and a bread roll	cottage pie, or soup and a bread roll	malt loaf	tea and water
 <p>Lynsey Sharp middle distance runner</p>	porridge with fruit and nuts	salmon, steak or chicken with vegetables and rice or potatoes	salmon, steak or chicken with vegetables and rice or potatoes	yoghurt, granola and rice cakes	fruit or vegetable shakes
 <p>Mo Farah long distance runner</p>	cereal or wholegrain toast with butter and jam or porridge	grilled chicken with pasta and steamed vegetables	salmon with rice, pasta, steamed vegetables and grilled chicken	dark chocolate	fruit and protein shakes, coffee and sports drinks

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Olympic athlete	breakfast	lunch	dinner	snacks	drinks
 <p>Rebecca Adlington swimmer</p>	cereal	cheese, tomato and ham sandwich	pasta, fajitas or steak	apple, jelly, bananas and chocolate	apple juice, banana milkshake
 <p>Ross Wilson para table tennis player</p>	cereal and apple	chicken and rice	omelette	cereal bars	water, orange juice and energy drinks
 <p>Usain Bolt sprinter</p>	egg sandwich	corned beef or fish with pasta	pork or chicken with rice and peas and Jamaican dumplings	fruit including mangoes, pineapples and apples	sports drinks

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