

Craig Umenyi is the First Team Performance Nutritionist at Tottenham Hotspur football club, working with the likes of Harry Kane and Gareth Bale on what they eat and how to lead a performance lifestyle. He has agreed to come to Buckswood to deliver a Nutrition Workshop for all Football academy players.

Craig also recently featured in the Amazon prime Series All or Nothing:

“A typical pre-match meal for Spurs players would be spaghetti bolognese with two slices of sourdough bread, a side salad and scotch pancakes with chopped bananas.

It’s also important for players to have a high energy meal after the game, which would typically consist of a post-match recovery shake, a chicken and mixed vegetable noodle pot, salted rice cakes and fresh juice”.



PERFORMANCE & NUTRITION

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