

# EAT LIKE AN ATHLETE

## SAMPLE TRAINING DAY FUELING PLAN

**NOTE: INDIVIDUAL NEEDS AND PREFERENCES VARY!**

### BREAKFAST

#### MODERATE OR HARD INTENSITY PLATE

**Protein:** eggs, greek yogurt, low-fat milk, lean turkey sausage

**Carbs:** whole grain toast/waffle/pancake, oatmeal, cereal

**Color:** fresh fruit or 100% fruit juice, veggies in omelet

### SNACK

#### PAIR CARB/COLOR + PROTEIN

**Protein:** string cheese, hardboiled egg, nuts, yogurt, pb

**Carbs:** granola bar, whole grain crackers/pretzels

**Color:** fresh fruit, dried fruit, applesauce, raw veggies

### LUNCH

#### MODERATE OR HARD INTENSITY PLATE

**Protein:** lean deli meat, edamame, tuna, milk, beans

**Carbs:** whole grain pasta, brown rice, whole grain tortilla/pita

**Color:** fresh fruit, raw/steamed veggies, 100% fruit juice

### SNACK

#### PAIR CARB/COLOR + PROTEIN

See options above. If 30-60 pre-training focus mostly on carbs.  
Keep fat & fiber minimal to avoid stomach upset.

### POST- TRAINING

#### PAIR CARBS + PROTEIN

If dinner will be eaten less than 60 minutes after training,  
include a snack that include carbs & protein.

### DINNER

#### MODERATE OR HARD INTENSITY PLATE

**Protein:** chicken, lean turkey, fish, lean beef, tofu, milk

**Carbs:** whole grain pasta, brown rice, whole grain bread/bun

**Color:** salad, fresh/frozen/canned veggies, fresh fruit

### DESSERT

#### PAIR A FUN FOOD WITH PROTEIN

Popcorn, pretzels, whole grain crackers, baked chips, or a treat  
Add a protein (cheese, yogurt, milk, pb, nuts) to balance out