

Breakfast Resturant French toast w/syrup 3 scrambled eggs Large glass OJ OR Omelet w/veggies, ham, cheese Toasted bagel w/jelly Large glass OJ OR 3 pancakes Egg white omelet w/cheese, ham & veggies Large glass OJ	Burger Resturant Single meat burger w/cheese, veggies & mustard Grilled chicken sandwich OR Grilled chicken sandwich Medium fry (less often) 1 side carbohydrate OR Single meat burger w/cheese, veggies & mustard Baked potato w/cheese OR loaded mashed potntoes	Chipotle/Freebirds Burrito (or bowl) w/ double chicken, cheese, rice, some guacamole if you like & veggies Chips& salsa OR Chicken quesadillas w/chips 2 beef tacos	Other Dinner Meals Out Mexican Restaurant 4 fajitas on corn or flour tortillas w/meat, cheese, veggies Chips and salsa Rice	Subway or sandwich place 12" double meat & cheese sandwich on wheat OR honey oat bread w/veggies sauce 1 bag Baked lays OR Sunchips 1 bottle milk	Italian Restaurant Lasagna Salad w/dressing OR vegetable 2-3 slices bread OR Grilled chicken pasta w/marinara sauce Salad w/dressing 2 slices bread OR Grilled chicken meal 1 side veggies 1 side pasta 2-3 slices bread Salad w/dressing	Smoothies 1 scoop whey protcin 8 oz low-fat milk 6 oz Greek yogurt 1 banana 1 cup berries 1 Tbs. peanut butter 1 scoop whey protein 8 oz low-fat milk 6 oz Greek yogurt 1 cup berries 2 Tbs honey 2 Tbs dry oats 1 Tbs. peanut butter
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Tips

- Goal: still trying to eat the healthier of food 80% of the time so we are reducing junk food for the most part
- Peanut butter Ball Recipe: Mix 1/2 cup peanut butter & 1/4 cup honey together. Stir in 1 cup oats and 1/2 cup non-fat dry milk powder. Roll into 24 balls and refrigerate.
- High Calorie Cereals:
 - o Kashi Go Lean Crunch, General Mills Oatmeal Crisp, Raisin Bran Crunch, Raisin Nut Bran, Quaker Oatmeal Squares, Frosted Mini Wheats, Kellogg's Low-fat Granola, Smart Start, Basic 4, Nature Valley Cereal, Post Trail Mix Crurch, Post Select (any flavor)
- Bars - Non-Melty- -if they need to sit outside in bag
 - o Pro bar, Clif Bar, Clif MoJo, KIND, Kashi, Luna Bar-Toasted Nuts & Cranberry, Pro bar, Nature Valley
- Post-Workout Nutrition
 - The goal of post-workout nutrition is RECOVERY
 - Eat snack within 30-45 minutes after workout
 - o Want good carbohydrate with some protein, relatively low-fat
 - o At least 16-24 oz of fluid
- Meals
 - o The key is serving size and choosing healthy options
 - o Goal is to eat consistently
 - o Breakfast is key!
 - o Smoothies/shakes and bars & fruit are great choices post-workout