

Take time to jot down a few of your go-to meals and snacks to help remind you of your favorites. This can be referenced each week when you take the time to meal plan and grocery shop.

> Meal = Carb + Protein + Color Snack = Carb/Color + Protein

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	BREAKFAST	LUNCH	DINNER	SNACKS
E	Ex. English muffin + poiled eggs + banana	Ex. Ham sandwich + carrots/hummus + apple	Ex. Frozen turkey burger + bag salad + watermelon	Ex. Apple + peanut butter
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BUILD A COMPLETE MEAL

Brown rice Wild rice Quinoa Couscous Whole wheat bread Rye bread Corn or whole wheat tortilla Pita bread Whole wheat pasta Whole wheat English muffin Sweet potato

- Baked potato Barley Bulgur Popcorn Corn Buckwheat Farro Oatmeal Whole grain cereal Granola Whole wheat pancakes
 - PROTEIN STRENGTH
- Eggs or egg whites Cheese (2% or low fat) Beans (excluding green beans) Nuts (almonds, walnuts, etc.) Nut butter Soy products (tofu, veggie burgers) Edamame Tempeh Protein bars Steak (sirloin, flank, round)
- Whole grain waffles Bran muffins Grits Sports bars Sports drinks Cereal bars/granola bars Baked chips Pretzels Chex mix Graham crackers Whole grain crackers

Chicken breast Chicken sausage Pork loin Ham Turkey breast Lean ground turkey (93/7) Turkey sausage or turkey bacon Milk (Skim, 1% or 2%) Cottage cheese Greek yogurt

FRUITS & VEGETABLES

Cherries Kiwi Grapes Papaya Oranges Strawberries Pineapples Grapefruit Peaches Raspberries Melon Bananas Blueberries Pomegranate Dried fruit Pears Apples Eggplant Bell pepper Carrots Spinach Broccoli Lean ground beef (90/10) Beef tenderloin Roast beef Salmon Trout Halibut Tuna Cod Shellfish (shrimp, scallops, clams)

Green beans Lettuce Tomatoes Zucchini Squash (spaghetti, summer, etc.) Snow peas Snap peas Okra Cabbage Asparagus Cauliflower

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