



## Meal Plan

**PLEASE NOTE:** If you have ANY food allergies or sensitivities, please stick to the foods that work best for your body and are safe for you to eat, and refer to your medical professional before drastically changing your diet. The goal here is to use this meal plan as a working guideline to pick and choose nutrient-rich food options that work for your body to give you the best results on and off the field. If you find that anything does not agree with you, please swap it out for another option. The bullet points are different options for each meal, not intended to eat every option at each meal, mix it up and find what works best for you. (This is by no means a mandatory food plan.)

If you are able to opt for organic ingredients, pasture raised/grass fed meats and eggs, non-packaged/processed foods with no added ingredients that is preferred. The goal here is not perfection, but instead we encourage continuous progress towards healthy choices. Healthy eating is the foundation for optimal athletic performance.

### **Breakfast Options:**

- Eggs with toast, butter and piece of fruit
- Oatmeal with nuts and fruit
  - Try to opt for non instant oatmeal
- Full Fat Greek Yogurt with fruit, granola and nuts
- Homemade Protein pancakes with sausage or bacon
  - Recipe for pancakes:
    - 2 large eggs
    - 2 medium bananas
    - 2 tablespoons peanut butter (or other nut butter)
    - 1 teaspoon baking powder

### **1st Snack Options:**

- Carrots (or other veggie) with hummus or guacamole
- Piece of fruit (apple, orange, grapes, cantaloupe, banana, etc)
- Mixed nuts or granola
- Protein shake:
  - 1 banana
  - 1 cup of blueberries or raspberries
  - 1 scoop of peanut butter (or other nut butter)
  - 1-2 cups of liquid (coconut water, milk, water, etc.)
  - Optional (1 scoop of protein powder)

### **Lunch options:**

- Chicken salad sandwich (Add in walnuts, celery, grapes, etc.)
- Full fat Greek yogurt with fruit, nuts and granola
- Egg salad sandwich
- Chicken/beef with rice and a veggie

**2nd Snack Options:**

- Peanut butter or almond butter and jelly sandwich (Nut butters should be 100% peanut, almonds, etc. no added ingredients except salt if needed)
- Piece of cheese, beef jerky, cottage cheese
- Protein shake (see recipe above)

**Dinner:**

- Some type of meat (beef, bison, chicken, etc.) or fish
- Rice or potatoes
- Veggies

**Hydration:**

- Make sure that you are drinking enough water throughout the day. You can substitute coconut water for additional electrolytes. Try to avoid sodas, juices and other sugary drinks.