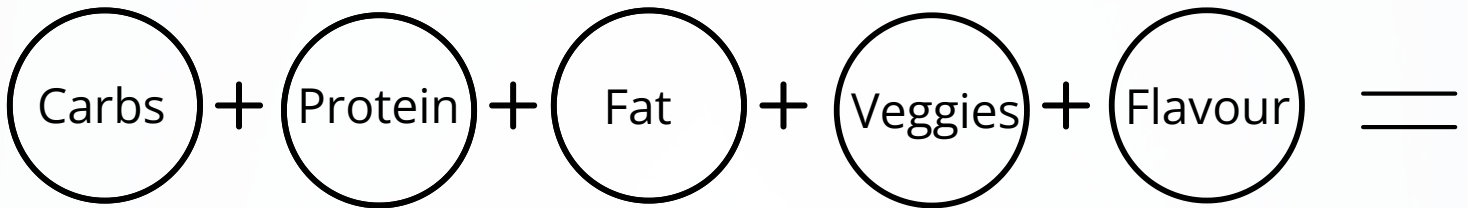




NUTRITION COMPOSITION FORMULA



Meal Examples

					=	Chicken Parmesan Pasta
Pasta (any kind)	Chicken breast / thighs	Canola oil	Sautéed kale / spinach	Salt, pepper, Parmesan cheese		
					=	Couscous / Quinoa Salad
Quinoa / Couscous	Salmon / cod / tilapia	Olive oil	Grilled zucchini / eggplant	Tomato paste, salt, pepper		
					=	Peanut Stir fry
Rice noodles	Pork	Peanut butter	Cabbage	Soy sauce, garlic, honey, lime		
					=	Ginger Beef Noodles
Noodles (any kind)	Sliced steak	Sesame oil	Steamed broccoli	Ginger, soy sauce, garlic		
					=	Mexican Bean Rice
Rice (any kind)	Black beans	Avocado	Bell peppers / onions	Chili spice, garlic powder, salt		
					=	Spinach Egg Wrap
Tortilla	Scrambled eggs	Cheese	Spinach	Garlic, chill flakes, salt, pepper		
					=	Greek Pita
Pita	Ground beef/chicken/ or tofu	Feta	Red onion / olives	Tzatziki / Pesto		

ADDITIONAL OPTIONS

MEALS

- Fish Tacos with sweet potato fries
- Grilled chicken sandwich, potatoes, & salad
- Eggs, oatmeal, nut butter, & fruit
- Power bowl: a whole grain, veggies, lean protein, avocado, & dressing
- Grilled cheese & vegetable soup
- Steak, mashed potatoes, & steamed broccoli

MINI FEEDS

- Smoothie
- Berries, Greek yogurt, & granola
- Cereal with milk
- Eggs with avocado toast
- Ham / tuna & cheese sandwich
- Beef jerky, carrots & hummus and a granola bar
- Bento boxes
- Oatmeal, banana, peanut butter, & chia seeds
- Trail mix & pre-made bean salad

TOP UPS

*Pre-competition energy

- Sport gels or drinks
- Crackers & sips of water
- Fruit snacks
- Pretzels & sips of water
- Dried fruit / dates
- Banana / orange
- Energy bites
- Granola bar / natural food bar
- Dry cereal
- Rice cakes
- Bread with jam



1. Consistent fluid intake throughout the day

2. Focus on one or two changes at a time

3. Understand the purpose of what you're eating

4. Consider how portion sizes align with your goals

All needs are different and each athlete is unique. Consult with a sport dietitian to help optimize your health and performance.