



## Mix and Match Meal Plan

2335-2595 kcal, 263-400 gm CHO, 94-164 gms protein

### Directions:

Choose 1 option for each meal and each snack to provide the above calories, carbohydrates, and protein. If you'd like to use another meal or snack idea, simply use a portion that fits into the suggested nutrient allowance. Adjust the plan as needed (see below):

### Meal Plan Adjustments:

#### Training Schedule:

This meal plan is designed for your "on-season" training with an afternoon workout 2-3 hours after lunch. It provides ideas for replenishing fluid and nutrients during any workout greater than 60 minutes and a recovery meal within 30 minutes of finishing your workout. If you workout at any other time during the day, or workout multiple times during the day, adjust the meal plan so that you eat a meal 2-3 hours before your workout, replenish during any workout greater than 60 minutes, and a recovery snack within 30 minutes of finishing (see the "Event Nutrition" handout for more details).

#### Training Duration and Intensity:

- 1) Increasing Training Hours or Intensity: If you are increasing your caloric output by increasing training duration or intensity, increase your calorie intake by doubling your regular snack and/or recovery snack portion.
- 2) Decreasing Training Hours or Intensity: If you are decreasing your caloric output by decreasing your training duration or intensity (ie. off-season), decrease your calorie intake by eliminating the dessert and/or eliminating one snack. Do NOT eliminate your recovery snack after your workouts.

#### Weight Changes:

- 1) Desired Weight Loss: If you desire healthy weight/fat loss and you are maintaining your current weight on this meal plan, adjust the meal plan by eliminating the dessert and/or eliminating one snack to reduce calories. Do NOT eliminate your recovery snack after your workouts. Also, consider increasing your calorie output - discuss with your coach/trainer.
- 2) Undesired Weight Loss: If you find you are experiencing undesired weight loss while following this plan, increase your calorie intake by doubling your regular snack and/or recovery snack portion.
- 3) Desired Weight Gain: If you desire weight/muscle gain and you are maintaining your weight on this meal plan, increase your calorie intake by doubling your regular snack and/or recovery snack portion.
- 4) Undesired Weight Gain: If you are experiencing undesired weight gain while following this meal plan, adjust the meal plan by eliminating the dessert and/or eliminating one snack to reduce calorie. Do NOT eliminate your recovery snack after your workouts.

#### Food Preferences/Allergies:

Adjust the plan as needed to accommodate your food preferences and allergies (ie. replace meat with soy or beans products if vegetarian, replace dairy with soy or rice products if allergic to whey/milk).

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KEYS: 6 meals/day, pre, peri, and post workout, adequate calories, carbohydrates, & protein (underlined items have recipes include in "Recipes and Tips")

### Guide to Portions:

Here are some visuals to help you with portions:

- 3 ounces of meat, fish, poultry = the palm of your hand or a deck of cards
- 1  $\frac{1}{2}$  ounces cheese = 6 dice
- 1 ounce nuts = a handful ; 2 tbsp nuts = 1 ping-pong ball
- One serving bread = 1 slice or  $\frac{1}{2}$  English muffin or small Lender's-type bagel
- 1/2 cup potatoes, hot cereal, cooked vegetables, chopped, canned or cooked fruit = a tennis ball
- One serving fresh fruit = a tennis ball or 1 cup berries/melon = 1 fist
- 1 cup cooked vegetables or fruit = the size of your fist
- 1 cup raw leafy vegetables = the size of your fist
- 1 teaspoon oil or butter = the size of the tip of your thumb (3 tsp = 1 tbsp)

Breakfast (460-475 kcals, 72-85 gm CHO, 16-26 gm pro)(Try to start this meal within 30 minutes of working out - \* is indication for easy prep).

- 1) 1 Cup Whole Grain Cereal (Kashi, Shredded Wheat - Frosted or Plain, Granola, Bran Flakes), 16 oz. 1% milk, 1 piece fruit (~475 calories, 85 gm CHO, 26 gm pro)
- 2) 1 cup iron-fortified cereal (Total, Complete Bran, Cream of Wheat, etc - look for 100% of Iron on nutrition panel) + 16 oz. 1% milk, 8 oz. orange juice (475 calories, 89 gm CHO, 19 gm pro)
- 3) \* $\frac{1}{2}$  cup natural applesauce + 1 piece toast + 2 tsp butter + 1 tbsp honey + 8 oz. fat-free yogurt (460 calories, 57 gm CHO, 16 gms protein)
- 4) 2 flax or NutriGrain waffles (look for ~240 calories/2 waffles), 4-6 oz. yogurt on top of waffles, 8 oz. juice (~465 kcal, 78 gm CHO, 16 grams protein)
- 5) Oatmeal made with 3/4 cup dry oats (can be instant, but not type in individual packages) 8 oz. 1% milk, 1 Tbsp honey + 1 hard-boiled egg (~475 kcal, 72 gms CHO, 21 grams protein)
- 6) 1 whole + 1 egg white scrambled eggs, 2 pieces toast, 1 Tbsp Smart Balance Light, 12 oz. juice (~475 calories, 75 gm CHO, 20 gm protein)
- 7) Smoothie with 8 oz fat-free yogurt, 1 banana,  $\frac{1}{2}$ -1 cup 1% milk, 1 cup frozen berries, 1.5 Tbsp honey, ice + (~475 kcal, 85 gm CHO, 18 gm protein)
- 8) 2 pieces whole wheat toast w/ 1 Tbsp honey or jelly on each, 1 piece fruit, 8 oz. fat-fat yogurt or 1% milk (470, 94 gm CHO, 16 gm pro)
- 9) Kashi Bar, Odwalla Bar, Power Bar or Clif Bar (240 calories)+ 1 hard-boiled eggs, 10 oz. juice (460 kcals, 83 gms CHO, 26 gms protein)
- 10) Odwalla Power Protein Drink + 1 pieces toast w/ 1 Tbsp honey (490 kcals, 74 gms CHO, 21 gm pro)

Morning Snack: (240-320 kcals, 30-48 gm CHO, 8-21 gm pro)

*Meal plan contains 9 well-balanced, carbohydrate-based, healthy snacks with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, and grams of protein.*

Lunches: Keep energy up! (535-575 calories, 52-93 gms CHO, 17-44 gms protein)

*Meal plan contains 11 well-balanced, carbohydrate-based, healthy lunch options with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, and grams of protein.*

During workouts If you workout is more than 1 hour, you will benefit during the workout from replenished carbs, sodium and water. Of course, you do not want to eat/drink all at once, so divide these amounts into sips or small bites and take whenever possible. Remember, these amounts are ideals, and are difficult to meet. Any amount will help, and the more you use replenishment during training, the easier it will be for competition.

*Meal plan contains 4 carbohydrate-based options for training fuel with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, and grams of protein.*

*These calories/carbs/protein are not counted toward your daily intake since you may not use them everyday, and they will be consumed and used during the workout.*

Recovery/After Working Out within 15-30 minutes (300-325 calories, 32-48 gms CHO, 7-19 gms pro)

*Meal plan contains 4 well-balanced, carbohydrate- and protein-based, healthy recovery snacks with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, and grams of protein.*

Dinner: (580-600 calories, 60-72 gm CHO, 38-42 gms protein)

Quick Dinners

*Meal plan contains 23 well-balanced, carbohydrate-based, healthy dinner options with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, and grams of protein.*

Dessert: 220-300 calories, 17-54 gms carbs, 8-12 gms protein)

*Meal plan contains 7 well-balanced, carbohydrate-based, healthy desserts with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, and grams of protein.*