

Module 10, Lesson 5 Handout:

Sample Meal Plans For Eating During Training

As with any client, tailor an athlete's meal plan to meet his or her individual needs. For athletes, you'll need to consider the sport, intensity and times for training and personal preferences and tolerances for food and fluid. You need to work closely with the client and listen to how he or she feels and tweak the plan as needed. This will be a work in progress.

Sample 1

Client Profile: Female distance runner training for a marathon. Client is an avid marathon runner and is looking to place top in her age group. Training runs are 1.5 hours at 6 AM before she goes to work each day. During intake you learn she does not like a lot of food in her stomach during runs. You educate this client on macronutrient needs, pre- and post workout nutrition needs and the 4 keys of Eating Empowered of a Nutritious Life.

Sample Meal Plan Template

Meal	Starch	Fruit	Vegetable	Milk	Protein	Fat
Pre-run snack		X			X	
Breakfast	X	X			X	X
Snack			X		X	
Lunch	X		X		X	X
Snack		X		X		
Dinner	X		X		X	X

Sample Menu

Pre-Workout Snack (5:30 AM)

- Banana
- 1 tablespoon nut butter (healthy fat/protein)
- Coffee with splash of whole milk

Training Run (6 to 7:30 AM)

Breakfast / Post-Workout Meal (8 AM)

- 1 sprouted grain bagel
- ¼ cup cottage cheese
- 2 oz smoked salmon
- Drizzle of lemon juice
- 1 cup berries on the side

Snack (10:30 AM)

- ½ cup roasted chickpeas
- Sliced bell peppers and cucumbers

Lunch (1 PM)

- 2 slices sourdough bread
- 4 oz sliced roasted chicken breast
- 2 tablespoons mashed avocado
- Thick slice heirloom tomato and lettuce
- Side of cut carrot sticks and 2 tablespoons hummus

Snack (4 PM)

- 1 pear
- 6 oz. full fat Greek yogurt

Dinner (7 PM)

- 1 homemade lentil mushroom burger
- 1 baked sweet potato topped with 2 teaspoons grass fed butter
- Spinach sauteed in 2 teaspoons olive oil

Sample 2

Client Profile: Client is a male college basketball player. Client goes to class from 8 to 9:30 AM, then has a team training from 10 AM to 12 PM each day which consists of drills and cardio training. Client goes to the weight room for 1 hour at 5 PM. Portion sizes for this client are going to be much bigger and you create a guide to help with this. You also work with the client to understand HQ to ensure he's getting enough food throughout the day, and come up with ideas for quick additional snacks for days he may have extra hard training practices and feel a little hungrier.

Sample Meal Plan Template

Meal	Starch	Fruit	Vegetable	Milk	Protein	Fat
Breakfast	X	X			X	X
Pre-workout Snack		X			X	
Lunch	X		X		X	X
Pre-workout Snack		X			X	
Post-workout Snack		X		X		
Dinner	X		X		X	X

Sample Menu

Breakfast (7:30 AM)

- 1 cup cooked oatmeal
- 2 tablespoons chopped walnuts
- Drizzle of honey
- 1 cup fruit salad
- 2 scrambled eggs
- 1 slice whole wheat toast with $\frac{1}{8}$ avocado
- Iced coffee with whole milk

Pre-Workout Snack (9:30 AM)

- 1 Lara Bar
- 6 oz. full fat Greek yogurt
- Sprinkle of granola

Team Training (10 AM to 12 PM)

Lunch/Post-Workout Meal (12:30 PM)

- 1 cup brown rice
- 6 oz. teriyaki shrimp
- 1 cup broccoli
- 6 steamed vegetable dumplings
- Side of kimchi

Pre-Workout Snack (4 PM)

- ¼ cup dried mango
- 2 oz. grass fed beef jerky

Weight Training (5 to 6 PM)

Post-Workout Snack (6 PM)

- 8 oz. chocolate milk
- 1 banana

Dinner (7:30 PM)

- 1 cup whole wheat pasta with marinara sauce
- 3 large turkey meatballs
- Roasted broccoli sauteed in olive oil
- Side salad with balsamic vinaigrette
- Sprouted grain roll w/ 2 teaspoons olive oil