

(1) School all day and game at 6:00pm.

**** ALL DAY THE BOYS SHOULD BE DRINKING WATER!!! goal 2-3 Liters/day at the LEAST**

Meal Plan #1:

Breakfast: all natural pb on whole grain bread or english muffin + drizzle of honey + banana+ glass of milk

Snack in class: snack bag of turkey jerky + banana

Lunch: turkey, chicken, tuna, or lean roast beef in a whole grain wrap + whole grain crackers + string cheese + fruit and/or all natural orange juice

Pre-game: Clif bar + apple (add peanut butter to the apple if won't make them cramp)

During game: Gatorade + water

Dinner: 4oz grilled salmon or chicken + 1 cup of brown rice + veggies sautéed lightly in olive oil + side salad + whole wheat bread roll

Dessert: 2 small chocolate chip cookies + glass of milk (this should be a treat every now and then, not every night)

Meal Plan #2:

Breakfast: Egg sandwich made with, 2 whole eggs + slice of cheddar cheese (or other favorite cheese) + whole grain english muffin + piece of fruit + glass of milk

Snack in class: piece of fruit + "Just a Handful of Almonds" or "Omega Trail Mix" from Trader Joe's

Lunch: enjoy a lunch option from MDHS's healthy cart menu + add a side salad + side of fruit + whole grain crackers (avoid fries, pizza, fried chicken fingers and ranch/creamy sauces)

Pre-game: Clif bar + banana

Dinner: whole grain pasta+ 4 oz chicken breast + mixed veggies toss with olive oil and mix with light parmesan cheese + side salad + whole grain bread roll

Dessert: banana + SMALL teaspoon of nutella or peanut butter + 1 graham cracker sheet

Meal Plan #3:

Breakfast: Try Trader Joe's brand greek yogurt or Faye lowfat greek yogurt or regular vanilla yogurt + top with favorite cereal or granola (Kashi GoLean cereal has a great amount of protein!) + handful of nuts + honey for sweetness if needed + fruit

Snack in class: whole grain crackers + string cheese

Lunch: pb and j on whole-wheat + whole grain crackers + piece of fruit + side of veggies and hummus

Pre-game: Protein Bar + fruit OR Clif bar + fruit OR crackers + fruit OR 1/2 turkey sandwich

Dinner: Homemade veggie chili (use lean ground turkey or lean beef) 1- 2 cups + Handful of healthy chips (flaxseed or whole grain crackers) or homemade corn bread muffin + Veggies or Side Salad

Dinner: apples slice with peanut butter and sprinkled with granola

(2) Tournament and games at 9:00am and 3:00pm.

Meal Plan #1:

7 a.m. **Breakfast:** Whole Grain English muffin or bagel with 1-2 TBSP of all natural nut butter + Glass of milk + banana OR (if an athlete can't stomach whole food before an early game) Protein smoothie with all natural whey protein (try Trader Joe's brand) + 1 cup of milk or water (if athlete can't stomach milk pre game)+ banana + spoonful of all natural peanut butter, blend everything together --> smoothies digest easier

** if an athlete still can't handle that much food then 1-2 hours pre game at least try a Clif bar + banana or chocolate milk is better than nothing :)

During game: HYDRATE with water + gatorade

Immediately after 9 a.m. game to give time for digestion, **Lunch:** Turkey and Cheese sandwich on whole wheat bread (add lettuce, tomato and avocado for more nutrients) + apple (or other fruit) + whole grain crackers + WATER!

Post Game (eat snack no more than 30min after game): muscle milk or any type of protein drink to replenish and repair muscles + whole grain crackers or banana

Dinner: whole grain spaghetti + lean ground turkey + spaghetti sauce + whole grain bread roll and side salad (aim for non-dairy dressing, i.e. balsamic based)

Dessert: 4 cups of light popcorn (good source of fiber) + glass of milk

Meal Plan #2:

7 a.m. **Breakfast:** 1.5 cups of oatmeal made with milk + banana + handful of nuts or all natural peanut butter

During game: HYDRATE with water + gatorade

Immediately after 9 a.m. game to give time for digestion, **Lunch:** Roast Beef or Turkey or Chicken or Tuna in whole grain wraps (add lettuce, tomato and avocado for more nutrients) + SunChips + fruit and string cheese

Post Game (eat snack no more than 30min after game): grapes and oranges + protein bar or “Just a Handful of Almonds” or “Omega Trail Mix” from Trader Joe’s

Dinner: Turkey Burger on whole grain bun + handful of sweet potato fries or SunChips (whole grain chips) + side salad

Dessert: Greek yogurt with Fruit or 1/2 cup of High Fiber Cereal (try Kashi GoLean Crunch)

Meal Plan #3:

7 a.m. **Breakfast:** Omelet with veggies + 2 slices of toast (light on the butter)

During game: HYDRATE with water + gatorade

Immediately after 9 a.m. game to give time for digestion, **Lunch:** Whole Wheat pita bread + hummus + turkey + veggies and avocado + piece of fruit + whole grain crackers and string cheese

Post Game (eat snack no more than 30min after game): turkey jerky snack packs + piece of fruit + HYDRATE

Dinner: Chicken fajitas, make with chicken breast and veggies (bell peppers and onions) + corn tortillas + black beans + easy on the guacamole and sour cream + small side of rice

Dessert: 2 graham cracker sheets + thin layer of nutella or all natural nut butter + glass of milk