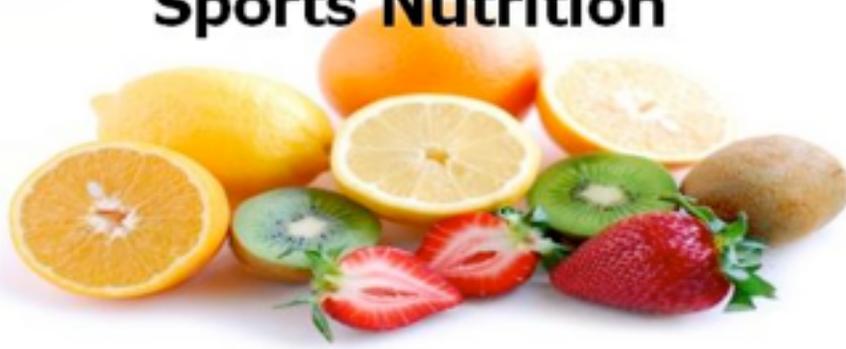


Sports Nutrition



"Tell me what you eat, and I will tell you who you are."

IDEAS FOR MEALS

Meal basics:

1. You need to have a combination of lean proteins (egg whites, turkey, chicken breasts, and fish), whole grain/ complex carbohydrates, healthy fats (avocado, nuts/ seeds, olive oil, Olives and all natural nut butters) and a variety of vegetables.
2. You need 3 sources of dairy a day (low-fat/non-fat milk, yogurt or cottage cheese)
3. You need 3-4 fruits a day (variety of all fruits are important)

****Eating a variety of fruit and vegetables will ensure that you get all the nutrients you need**

Ideas for Breakfast:

****Break the Fast: Breakfast is the most important meal of the day, it kick starts your metabolism after a night of rest and keeps it going strong for the rest of the day. As an athlete breakfast is key in ensuring optimal performance, on and off the court.**

1. 1- 1 ½ cups oatmeal (try steel cut or any other all-natural oatmeal that you make on the stove or quick oats).

***ADD: 1 TBSP of all natural nut butter (almond, peanut, cashew butter) or ¼ cup chopped nuts (walnuts and almonds have the highest nutritional benefit) or you could add 1-2 TBSP flaxseed or Chia seeds, + low-fat or non-fat milk**

2. 1 to 1-1/2 cups of Kashi GoLean Crunch or another High Fiber cereal + 1-2 TBSP flax seed + milk + banana or other piece of fruit
3. ½ -1 whole grain muffin from Trader Joe's with 1 cup of Greek Yogurt (add flaxseed and cinnamon <-- has more antioxidants than any food or spice)
4. Whole Grain English muffin with 1-2 TBSP of all natural nut butter + Glass of milk + piece of Fruit or Fruit cup
5. Omelet Style Eggs (1 whole egg with 2 whites), add in mushrooms, peppers, spinach, + any other veggie you like, and a frozen basil cube taste good <-- from Trader Joe's) + 1 piece of whole wheat bread with all natural jam OR roll up eggs in a Whole wheat tortilla with salsa + a piece of Fruit or Fruit cup
6. Egg Sandwich- Whole Grain English Muffin + 2 egg whites or 1 whole egg + 1 slice Turkey Bacon (can be found at Trader Joe's) with a little cheese + Fruit
7. 1-2 Kashi brand Waffles + 2 TBSP nut butter + slice a banana on top + small glass of milk

8. 1-2 pieces of French Toast topped with Honey Greek Yogurt or All Natural Syrup with Plain Yogurt or Egg Whites on the side + Fruit or Fruit cup

9. Protein Smoothie: All Natural Whey Protein Smoothie mix (can be found at Trader Joe's or try HerbaLife's version-Formula One)+ 1 cup of low fat or nonfat milk+ for a thicker milkshake like texture try blending it with All Natural-No Sugar added Frozen Fruit (ie. Frozen Banana, Frozen Mango, Frozen Berries <-- can all be found in Trader Joe's frozen section) **one of my favorite breakfast's on the go!

*Smoothies like this will now be served at MDHS's "Healthy Cart"

10. HerbaLife Protein Bar + Banana with a TBSP of nut butter



Ideas of Lunch and Dinner:

**Lunch and Dinner are for sustaining your energy throughout your busy school day and practice. Lunch should provide you with enough energy to get through practice, while Dinner is important in helping your hard working muscles recover over night. For each of these meals think about FUELING your body with the BEST nutrients possible! You would not put

1. Whole Wheat pita bread, open each side and spread a thin layer of your favorite hummus and add turkey, veggies and avocado + piece of fruit
2. ½ to 1-cup brown rice (frozen, organic, can be found at Trader Joe's) with 4 oz. grilled chicken breast either Grilled or baked + side veggies you can season or cook the veggies however you like them best (avoid frying and excess amounts of oil, I recommend steamed or sautéed with light oil)
3. 1-2 cups turkey spaghetti (use ground turkey in your favorite spaghetti recipe) + 1 cup broccoli or any other veggie you like
4. Wrap sandwich (use whole wheat or spinach tortilla) + Light mayo with sliced turkey or chicken or can cut up a veggie burger if your vegetarian + add your favorite veggies (spinach, tomato, avocado, bell peppers) + one handful of sweet potato chips or flax seed chips or whole grain SunChips or GoldFish + fruit
5. Tuna melt sandwich: tuna + a little light mayo + 1 TBSP dried cranberries + add in purple onion + salt and pepper, spread on two pieces of Whole-Wheat Bread or Whole-Wheat English muffin + a thin slice of light cheese or light shredded cheese. Put in the oven on broil open faced watch until cheese melts or melt in a panini press, have with a salad or veggies.
6. 4 oz. grilled Salmon or you can try a Salmon Patty from Trader Joe's + ½ to 1 whole baked yam or try Quinoa (Super Food grain) + a side of your favorite veggie
7. Homemade veggie chili (use lean ground turkey or lean beef, carrots, beans, broccoli, corn any other veggies you think might taste good) 1- 2 cups + Handful of healthy chips (flaxseed or whole grain crackers) + Veggies or Side Salad
8. Grilled turkey burger (or veggie burger --> Vegetable Masala Burger with Indian spices from Trader Joe's or Amy's Chicago Veggie Burger are tasty and healthy options) + a handful sweet potato fries (bun is optional, but if you do choose a Whole-Wheat option) + cut 1 big sweet potato into wedges spray with a little olive oil and sprinkle with a little sea salt and bake at 350 degrees for 20-25 minutes depending on oven.
9. Turkey or lean beef tacos or taco salad, use Corn or Whole Wheat tortillas + add veggies and avocado for healthy fat, use a small dollop of sour cream and a small amount of cheese if you want
10. Turkey Meatballs (4 meatballs) can be found in Trader Joe's frozen food section+ All natural marinara sauce + ½ to 1 cup Barilla high protein pasta + Veggies or Side Salad



Ideas for Snacks:

* Snacks should be eaten when your hungry, and used to tide you over until your next meal. As an athlete, nutritious snacks are KEY in giving you the energy to get through your after school practice or game.

** If you are trying to watch your weight late night snacking should be ONLY IF you are physically hungry not just because you're bored. IF you do snack late at night choose foods lower in carbohydrates, stick to protein and veggies or protein and fruit.

1. "Just a Handful of Almonds" or "Omega Trail Mix" from Trader Joe's
2. ½ - 1 cup low fat cottage cheese with 1 cup fresh pineapple chunks
3. 1 light string cheese with a piece of fruit and/or with a handful of Whole Grain or Flaxseed crackers
4. 2 slices of deli turkey wrapped around string cheese with a cup of Berries or a handful of Crackers
5. 1 Balance bar, Zone bar, Luna bar, or Kashi bar or try HerbaLife's protein bar
6. Small package of beef or turkey jerky with a piece of fruit
7. Edamame and a piece of Fruit or Fruit cup
8. Greek yogurt with Fruit or 1/2 cup of High Fiber Cereal (try Kashi GoLean Crunch)
9. 4 cups of light popcorn (good source of fiber)
10. Try a HerbaLife Smooth at MDHS's "Healthy Cart"

If you have any questions regarding more specific meals plans please feel free to contact me through email at: ecarbaj@gmail.com or my cell: 714-392-9234.