TRAINING DIET

Sport nutrition fundamentals

1. Eat 6 to 7 times daily

2. Include protein in all meals

3. Add fruit and/or vegetables to every meal & snack

4. UNPROCESSED carbs are better (brown rice, quinoa, etc.)

5. Drink at least 2 litres of fluid all day before your workout

Breakfast – Bored with breakfast? Try these meal ideas:

* Egg burrito: scramble eggs & salsa in tortilla, and kiwi
* Fresh fruit salad with Greek yogurt and granola
* Homemade egg McMuffin and strawberries
* Turkey or chicken sausage, homemade hash browns, grapefruit
* Powershake (whey, fruit, yogurt, milk or juice) & oatmeal
* Omelet with veggies and bagel

Lunch – There’s more than sandwiches, try these:

* Chili, whole wheat bun, raw veggies & dip
* Pasta salad (ham, chicken, chees, carrots, celery, peppers), grapes
* Hamburger soup, crackers, apple & cheese strings
* Chicken quesadillas, snap peas & carrots
* Grilled Panini (ham & cheese) sandwich, mandarin & banana bread
* Taco salad with ground beef or poultry, lettuce, grated cheese, salsa, tomatoes, baked tortilla chips, and pear or banana
* Quinoa salad, wrap sandwich, peppers & celery
* Bean & beef burritos, apple sauce, Kashi granola bar
* Beef-on-bun, yogurt, raw veggies & ranch dip
* Tuna melts, pineapple spears, almonds & raisons

PRE EXERCISE MEALS/SNACK

Pre exercise meal preferences can be very individual, all depending what the athlete can tolerate. This meal should be consumed 2-3 hours before training session or competition. The lunch ideas can also work as pre exercise meals.

Pre exercise meals ideas (drink 500ml water):

* Chicken souvlaki, rice, Greek salad, pita or bun
* Grilled salmon/fish, quinoa pilaf, asparagus, salad
* Whole wheat pasta with meatballs, ratatouille, light Caesar salad
* Chicken or beef stir-fry with vegetables, rice or noodles
* Lasagna or cannelloni, salad
* BBQ or baked chicken, sweet potato wedges, steamed beans
* Pasta salad with chicken, ham and/or cheese, vegetables
* Whole wheat chicken breast sub sandwich with loads of vegetables
* Pull pork (tenderloin) on a bun with spinach salad
* Scrambled eggs, bagel and fruit salad
* Spolumbo’s chicken or turkey sausage, perogies, tossed salad

Pre exercise snack solutions (drink 250-500ml water), to be taken 60 to 90 minutes before training/competition:

* Protein bar (contains > 14 grams of protein), apple or pear
* Oatmeal with whey & berries
* Peanut or almond butter on toast, English muffin or bagel
* ½ to full panini sandwich, mandarin orange
* ½ to full peanut butter or almond butter sandwich, peach
* Cereal & milk, fruit
* Greek yogurt with fruit and granola
* Cheese, crackers and a fruit

Immediate post-exercise nutrition (drink extra water), consume within 30 minutes after training

* Smoothie with whey
* Juice box, banana & protein bar
* Flavored milk/almond milk & carbohydrate bar (Cliff bar, PowerBar, etc.)
* Milk-to-Go ™ Sport drink & banana
* Boost, ensure, etc. (meal replacement drink and carbohydrate bar

ENERGY SUSTAINING SNACKS

* Apple and protein bar (> 14 grams protein), e.g. Cliff Builder, Elevate Me, Pure Protein
* Greek yogurt and blueberries
* Oatmeal, whey, strawberries
* ½ whole wheat wrap or pita sandwich
* Tuna & crackers or Tuna Snac Pac ™
* Smoothie: ½ scoop of whey, milk or almond milk, frozen fruit
* 0-2% cottage cheese & sliced pear
* Hard boiled eggs on a salad
* Low fat cheese (<20% MF), Wasa ™ or Ryvetta ™ crackers & grapes
* Trail mix (watch the serving size since ½ cup = 400 or more calories!)
* Lara Bar ™ (contains healthy mix of nuts, seeds, dried fruit)
* Handful of walnuts or almonds and 1-2 mandarin orange(s)
* Peanut or almond butter on whole grain toast/brown rice cakes/whole wheat bagel
* Hearty soup & crackers (e.g. hamburger soup, pea soup, lentil soup, minestrone)

QUICK-FUEL SNACKS

* Hummus & raw vegetables or whole wheat crackers/pita bread
* 0-2% regular yogurt (not Greek) & berries
* Oatmeal & strawberries
* Carbohydrate bar (<14g protein) e.g. Cliff Bar, PowerBar Energize, granola bar
* Applesauce & Graham Wafers crackers
* Edamame beans & a plum
* Low glycemic fruits: apple, pear, grapes, berries, orange, grapefruit, kiwi, peach, plum, cherries
* ½ or whole grapefruit (very refreshing!)
* Kashi granola bar
* Antipasto & Wasa ™ or Ryvetta ™ crackers
* Fig or date Newton ™ cookies
* Sesame snaps ™ & carrots
* Fruit & Veggie Source Bar ™ with or without almonds
* Pretzels & sugar snap peas

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