

# NUTRITIONAL MEAL PLAN SAMPLE FOR ATHLETES



## Meal Prepping for the Athletes:

### 4 easy tips to eat delicious food at home

1. Buy a rice maker and/or slow cooker. Cook for quantity. Eat for quality.
  - With timers pre-set for different types of grains, you can put 8 meals worth into this contraption, sit down and watch the first half of the game, and return to a full weeks worth of productive, nutritious carbs.
  - Bonus: you can steam your vegetables at the same time!
2. Buy your food in bulk, and for the week.
  - When you have to grocery shop, buy enough groceries for week, and cook twice. This way you're not only saving money by not over shop, you can also add variety from week to week, and you never waste any food. This will force you to only eat the freshest foods and prevent you from getting bored.
3. Equip yourself! Especially as you are on your way to collegiate sports.
  - Make sure you have the right household pots and pans, knives and cutting boards to meet you new cooking needs. There is nothing more frustrating than actually being ready to start your meal prep journey and realize, you cannot get by with plastic forks and tin foil.
4. Lastly, Spice it up.
  - You don't need fatty, greasy, oily and salty foods to experience flavor! Experiment with different herbs and spices to optimize flavor while seeing an increase in many different wellness areas at the same time.

### Sample 4 Days of Lunch and Dinner Portions:

#### Protein

- 1 lb. Lean Ground Turkey = 4 servings
- 1 box Ahi Tuna Burgers = 4 servings
- Here's your protein for lunch and dinner meals for 4 days.

#### Grains

- 1 box Japanese Soba Noodles = 4 servings
- 1 cup Assorted Quinoa = 4 servings
- Heres your carbohydrates for lunch and dinner meals for 4 days.

#### Vegetables

Here you can be choosy. Buy an assorted pack of tomatoes, brussel sprouts, broccoli and mixed salad greens. Mixed with some fresh garlic, throw into the top of your rice maker and enjoy some delicious steamed veggies!!!

## BMR

Basal Metabolic Rate (BMR) is the amount of energy expended while at rest in a neutrally temperate environment, in the post-absorptive state (meaning that the digestive system is inactive, which requires about twelve hours of fasting).

### BMR Calculator (manual)

$$\begin{aligned} \text{BMR} &= 10 \times \text{weight (kg)} \\ (\text{Male}) &+ 6.25 \times \text{height (cm)} \\ &- 5 \times \text{age (y)} \\ &+ 5 \end{aligned}$$

$$\begin{aligned} \text{BMR} &= 10 \times \text{weight (kg)} \\ (\text{Female}) &+ 6.25 \times \text{height (cm)} \\ &- 5 \times \text{age (y)} \\ &- 161 \end{aligned}$$

### BMR Calculator (online)

[www.calculator.net/bmr-calculator.html](http://www.calculator.net/bmr-calculator.html)

## DCE = BMR x ALF

Daily Caloric Expenditure =  
Basal Metabolic Rate  
x Activity Level Factor

ALF Values:

Sedentary ALF = 1.2  
(Very little or no daily physical activity)

Lightly Active ALF = 1.375  
(Light physical activity 1-3 days/week)

Moderately Active ALF = 1.55  
(Moderate physical activity 3-5 days/week)

Very Active ALF = 1.725  
(Hard physical activity 6-7 days/week)

Extremely Active ALF = 1.9  
(Hard physical activity every day of the week)

# NUTRITIONAL MEAL PLAN SAMPLE FOR ATHLETES



Meals	Mon / Wed / Fri	Tues / Thurs
7:00am or earlier Breakfast (Roughly 500-700 calories)	1 Cup Steel Cut Oatmeal or Cream of Buckwheat Add fruit (i.e. Blueberry, raspberry, or apple), coconut oil, almond or peanut butter; or a scoop of isolate protein powder. 12oz. Water	2 Egg white omelet with green/red peppers
10:00am Mid-morning Snack (Equivalent 200 calories)	30 grams of protein (Shake, Bar)	
Lunch (Roughly 600-700 calories)	6 oz. Deli Turkey or Chicken (about 6 slices), add veggie (i.e. spinach, tomato, onion) Whole wheat, whole grain or sprouted grains bread (i.e. Ezekial Bread) 1 Medium Apple	
2 Hours Before Workout (Roughly 500 calories)	6 oz. Mixed nuts, and 60-80 grams of complex carbs (i.e. 1 medium banana, 1 small apple)	
Post Workout within 20 minutes (Roughly 120-170 calories)	30 grams of clean protein	
7:00pm-8:00pm Dinner (Roughly 600-800 calories)	6 oz. Salmon, Cod, or other types of fresh water fish, or shrimp, scallops, etc. (Look for a great omega 3 source for the last meal of the day.) (8 oz. on heavy lift days) 1 cup raw broccoli 1/2 cup brown rice, cous coup, quinoa, buckwheat, rice pasta, or quinoa pasta, etc.	
<i>Optional:</i> Before Bed (Roughly 100 calories)	15-20 grams of clean protein	

## SAMPLE GROCERY LIST:

### Fruits:

Pears  
Berries and Cherries  
Grapefruit  
Apples  
Tomatoes (yes, it's a fruit)

### Seeds: (Add to grains, shakes, etc.)

Chia, Hemp, Flax

### Vegetables:

Mixed Greens (spinach, kale, arugula, romaine, cabbage)  
Onions (red, yellow, sweet)  
Bell Peppers  
Carrots  
Celery  
Brussel Sprouts

### Carbohydrates:

Quinoa  
Buckwheat  
Rolled Oats  
Quinoa or Brown Rice Pasta  
Lentils  
Garnet or Purple Sweet Potatoes  
Red Russet Potatoes

### Proteins:

Shrimp	Black Beans
Scallops	Almonds
Whitefish	Lentils
Cod	White Beans
Mussels	Peas
Chicken	Eggs
Turkey	Lean Pork
Buffalo	Grass Fed Beef

### Snacks:

Mixed Nuts and Dried Fruit  
Hummus and Celery  
Guacamole and Carrots  
Greek Yoghurt (No added sugar)  
Fiber Bar – “GNU FIBER LOVE”  
Ezekial Bread and Almond Butter

### Acceptable Protein Supplements:

Isagenix  
Optimum Nutrition  
Onnit

**TIP:** Try to achieve 0.8 to 1.2 grams of protein per pound of bodyweight and consume no more than 30-40 grams of protein in a single serving. Allow 2-4 hours or more between large protein consumptions.  
Try to eat the very least, double your BMR calorie amount. Strength train regularly, and keep your protein content on point, and size will follow.