



## Sample Meal Plan for Swimmers

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Breakfast</b>	<b>PRO</b>	Eggs & Bacon Veggies ½ cup berries	Greek Yogurt Walnuts & Flax seeds Berries	Whey protein shake with Peanut or almond butter and frozen berries	Hard Boiled eggs Handful of almonds Clementine or small apple	Cottage Cheese Sunflower seeds 1cup Melon	Eggs & sausage Peppers & onions Fresh Berries or small apple	Protein Shake similar to Wednesday's (before Grocery store?)
	<b>FAT</b>							
	<b>CARB</b>							
<b>Lunch</b>	<b>PRO</b>	Leftovers from Sunday Dinner	Grilled chicken over Greens salad w/ peppers, tomatoes, olives Vinaigrette dressing	Leftover Stir - Fry	Salmon over Greens salad w/ tomatoes & onions with balsamic vinegar & almonds Small fruit	Lunch out! Chipotle Burrito Bowl with veggies, beans, meat, & guacamole!	Lunch Out! Sandwich (lettuce) wrap at sub sandwich shop with extra protein	Lunch meats Veggies (as you're chopping for the week) with hummus or guacamole & fruit
	<b>FAT</b>							
	<b>CARB</b>							
<b>Dinner</b>	<b>PRO</b>	Grilled Chicken Grilled Asparagus w/ melted butter & wild rice	Stir-fried beef with cashews Broccoli, snow peas, water chestnuts, bell peppers	Baked Salmon w/ roasted Brussels Sprouts in butter Dark Chocolate	Quick Rotisserie chicken from grocery store & steamed green beans w/ butter	Pizza Night! Thin-crust take-n-bake with added veggies left over! Side Salad	Sautéed Shrimp with Zucchini & Peppers in garlic-butter sauce Dark Chocolate	Slow-cooker Chili or roast with preferred vegetables
	<b>FAT</b>							
	<b>CARB</b>							
<b>Snack(s)</b>	<b>PRO</b>	Hard boiled eggs, jerky, cottage cheese, lower-fat mozzarella cheese, protein powder/shake						
	<b>FAT</b>	Pistachios, Walnuts, Almonds, Cashews, Sunflower seeds, Pecans, Hazelnuts, Pumpkin Seeds, Olives, Hummus, Avocado						
	<b>CARB</b>	Raw veggies or Whole fruit (try to eliminate processed carbohydrates as much as possible)						