

Sample Meal Plan

This periodized plan gives you example breakfast, lunch, dinner, snacks, and recovery nutrition. The total amount of calories and carbohydrate foods each day depends on your activity level for the day, your body size, and your body composition goals.

Prioritizing whole foods such as fruits, vegetables, lean protein, healthy fats, and complex carbohydrates with dietary fiber with fresh herbs and spices can help the body fight inflammation from training.

Please email Sports Dietitian Taylor Maggio at taylor.maggio@usoc.org and Senior Sports Dietitian Rob Skinner at rob.skinner@usoc.org if you have any questions.

Quick guide to portion sizes:



One fistfuls = 1 cup of starches (rice, cereal, pasta.) and vegetables



One palm = 3-4 oz. poultry, meats, and fish



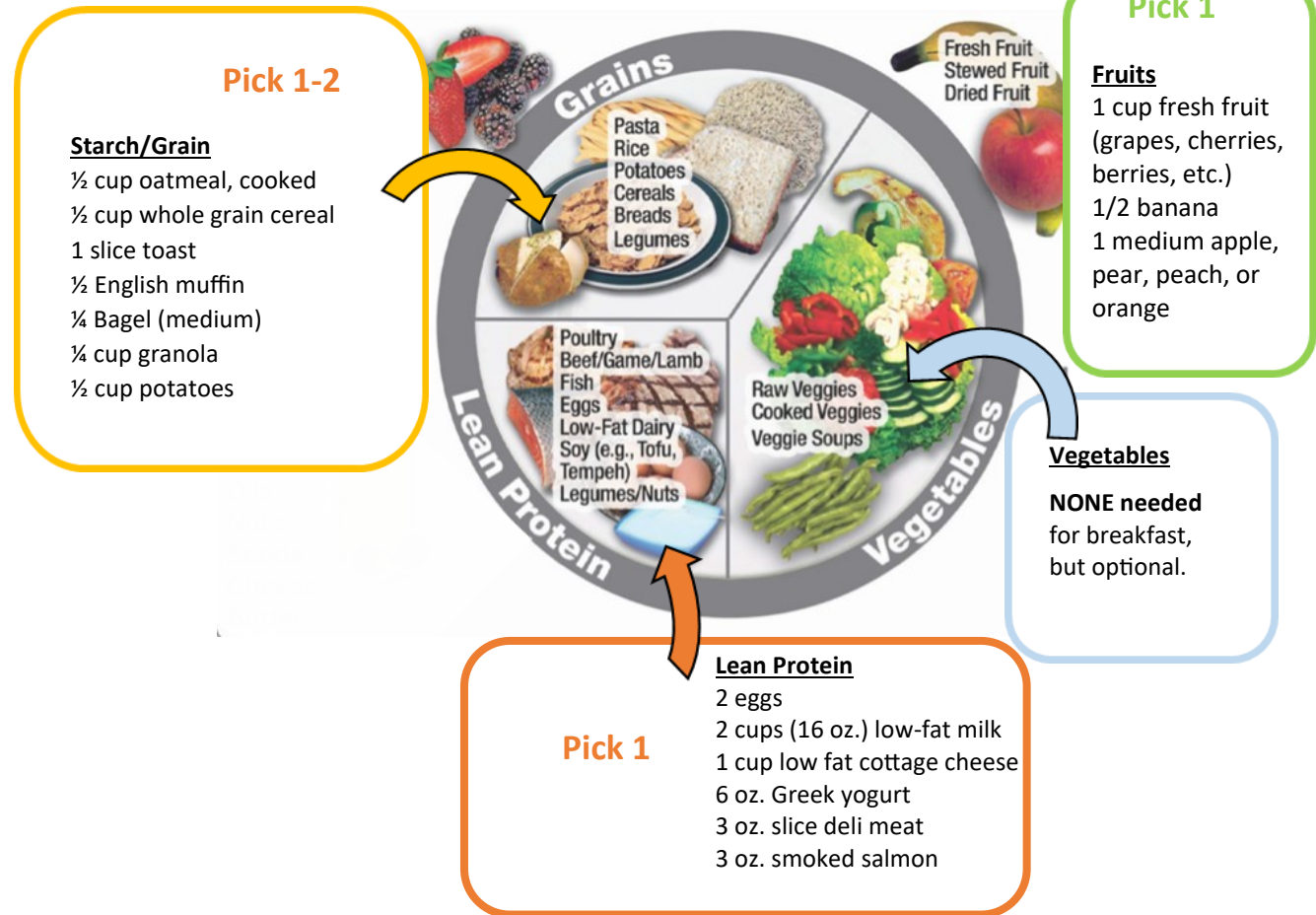
One thumb length = 1 TBS oil
Two thumb length = 2 TBS peanut butter



One palm = 1 oz. (1/4 cup) nuts, dried fruits and shredded cheese

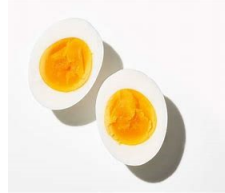
	Hard Training Days	Rest Day Easy Training Day
Plan	3 meals + 2 snacks	3 meals + 1 snack
Meal Breakdown	Breakfast Snack Lunch Snack Dinner	Breakfast Lunch Dinner Snack

Breakfast



Breakfast Options: Pick 1

- ◇ 1/2 cup dry oatmeal plus 1 Tbs. chia seeds plus 1 tbs. honey cooked with 1 cup low fat milk or unsweetened almond milk
- ◇ 2 scrambled eggs
- ◇ 1 cup berries
- ◇ Lemon water for Vitamin C boost!
- ◇ 1/2 cup iron fortified whole grain cereal with 1 cup low fat milk or calcium fortified unsweetened almond milk
- ◇ 2 hard boiled eggs
- ◇ 1/2 medium banana
- ◇ Lemon water for Vitamin C boost!



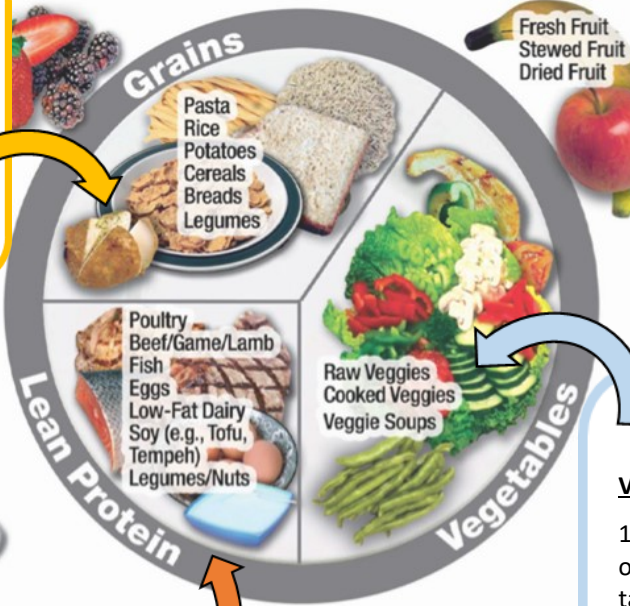


Lunch & Dinner

Starch/Grain

Pick 1-2

- ½ cup rice
- ½ cup pasta, couscous
- ½ cup quinoa
- ½ cup beans
- ½ Pita bread
- ½ cup potato with skin



Pick 1

Fruits

- 1 cup fresh fruit (grapes, cherries, berries, etc.)
- 1/2 banana
- 1 medium apple, pear, peach, or orange

- Avocado
- Oils
- Nuts
- Seeds
- Cheese
- Butter

Pick 1

Vegetables

- 1 cup roasted, steamed, or sautéed mixed vegetables
- 2 cups salad greens
- 1 cup raw veg,

Healthy fats:

Pick 1

- 1/4 avocado
- 1 tbsp olive oil
- 1 slice or 1/4 cup shredded cheese
- 2 tbsp flax/chia seeds
- 20 olives

Pick 1

Lean Protein

- 2 eggs
- 3 oz. lean beef
- 4 oz. chicken
- 4 oz. fish or seafood
- 6 oz. Greek yogurt

Examples (Lunch and Dinner) Pick 1:

- ◇ 3 oz. lean ground beef (high iron option)
- ◇ 1/2 cup quinoa
- ◇ 1 cup sautéed vegetables cooked in olive oil
- ◇ 1 apple



- ◇ 4 oz. chicken breast
- ◇ 1/2 cup sweet potato
- ◇ 2 cups salad greens tossed with 1 tbs. olive oil and vinegar
- ◇ 1/2 medium banana



- ◇ 4 oz fish such as salmon
- ◇ 1/4 of a avocado
- ◇ 1/2 cup couscous
- ◇ 1 cup berries



- ◇ 1/2 cup lentils (serves as protein source for meal)
- ◇ 1/2 cup brown rice
- ◇ 1/4 avocado
- ◇ 1 cup steamed green beans
- ◇ 1 orange

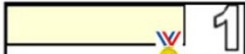
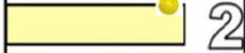
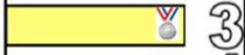




Snacks:
Heavy Training Days: Pick 2
Light Training Days: Pick 1
Rest Days: Pick 0

- ◇ 6 oz plain nonfat Greek yogurt plus 1 apple or 1 tbs. of honey **high calcium snack for strong bones**
- ◇ 1 cheese stick plus 6 sea salt crackers **high calcium snack for strong bones**
- ◇ 1/2 banana plus 1 tbs. peanut or almond butter **great post-workout snack**
- ◇ 2 plain rice cakes plus 1 tbs. peanut or almond butter **great pre-training snack**
- ◇ Sports drink plus 1 hard boiled egg **electrolytes for long training sessions**
- ◇ 1 cup unsweetened almond milk (calcium fortified)+ handful of almonds **high calcium snack for strong bones**

Hydration Guidelines	
Before Training	2-3 hours before training: 16 oz. 15 minutes before training: 8 oz.
During Training	Drink 16-32 oz./hour.
After Training	Drink to replace sweat loss (16-24 oz./ lb. of bodyweight loss).
Throughout the Day	Carry water bottle with you, drink water at all meals.

Urine Color Chart

	1	<1.009	Well-hydrated
	2	1.009-1.020	Hydrated
	3	1.021-1.025	Minimal dehydration <
	4	1.026-1.030	Significant dehydration <
	5	≥1.031	Severe dehydration <