

Nutrition Information

Proper nutrition is very important and yet one of the most overlooked aspects when it comes to training. The right nutritional choices can lead to greater strength gains, promote muscle growth and development, increase recovery rates, maintain and restore high energy levels, and reduce unwanted body fat. It is extremely important for you to have a basic understanding of what your body needs and when your body needs it.

Instead of counting calories like many programs, this program is based on monitoring portion sizes and what type of food selections you should make to help reach your goals. It is suggested that you incorporate different types of proteins and carbohydrates, based on selection and variety, to help build a solid diet. Moderation of food portions, by eating 6 small meals per day (2 – 3 hours apart), will help maintain high energy levels and prevent body fat gain.

Typically, nutritional information is in a complicated, inconvenient format. The following plan has been created so that you can easily understand it while maximizing your nutritional benefits. It includes information on proper serving sizes, ideal food choices, and sample meals. And also included you will find guidelines for eating out.

* Remember you are an Athlete! Your body is a machine that demands high-grade fuel. So it's important you feed it right so that you can perform at your best.

Sample Meals To Help Maintain, Gain, and Reduce Weight

Proper nutrition is essential for the athlete who seeks to attain success. Athletes need to realize the direct relationship between proper sports nutrition and performance.

Listed below are sample meals that you can use as a guide to help you reach your specific caloric level. Meals are divided into weight maintenance, weight gain, and weight reduction.

MAINTAIN

BREAKFAST

TO MAINTAIN:

Apple, 1
Cereal, 2 cups
Toast w/ margarine and jelly, 2
2% milk, 1 cup

Breakfast items:

Fresh Fruit
Canned Fruit
Cold Cereal
Hot Cereal

LUNCH

TO MAINTAIN:

Baked Chicken (light), 1 piece
Noodles/Pasta, 1 cup

GAIN

BREAKFAST

TO GAIN:

Orange juice, 1 cup
Pancakes, 6
Syrup, ¼ cup
Margarine, 2 pats
Low-Fat Milk, 2 cups

Breakfast items:

Cinnamon Toast
Pancakes
2% Milk
Toast w/ Margarine, Jelly

LUNCH

TO GAIN:

Turkey Breast, 6ozs.
Whole Wheat bread, 4 slices

REDUCE

BREAKFAST

TO REDUCE:

Apple, 1
Toast w/ jam, 1
Cereal, 1 cup
Skim Milk, 1 cup

Breakfast items:

Skim milk
Water

LUNCH

TO REDUCE:

Chicken Breast, 1 piece
Baked Potato, 1 med.

Peas/Green Beans, 1 cup
Oatmeal cookie, 1
Skim Milk, 1 cup
Water

Lunch Items:

Baked Chicken
Turkey Breast
Tuna (Water Packed)
Spaghetti

DINNER

TO MAINTAIN:

Chicken Breast, 1 cup
Baked Potato, 1 Med
Mixed Vegetables
Margarine, 1 pat
Tossed Salad, 2 cups
Iced Tea

Dinner Items:

Baked Chicken
Baked Fish
Fresh Mixed Veggies
Spaghetti

Lite Mayonnaise, 2 tbl.
Grape juice, 2 cups
Fruit Yogurt, 1 cup

Lunch Items:

Whole Wheat Bread
Baked Potato
Fresh Fruit
Fruit Yogurt

DINNER

TO GAIN:

Cheese/Veggie Pizza, 1 Med
Low-Fat Milk, 2 cups
Grape juice, 2 cups

Dinner Items:

Whole Wheat Bread
Baked Potato
Fresh Fruit
Fruit Yogurt

Margarine, 1 pat
Apple, 1
Iced Tea

Lunch Items:

Fruit Juice
Iced Tea
Lite Mayonnaise
Margarine

DINNER

TO REDUCE:

Spaghetti w/ tomato
Sauce, 2 cup
Italian Bread, 2 pieces
Skim milk, 2 cups
Water

Dinner Items:

Fruit Juice
Iced Tea
Soup
Margarine

Sample Meal Plan Containing Six Meals

Breakfast 7-8 a.m.

Toasted Multigrain bagel or toast with honey or jam
Bran or multigrain cereal – 1 ½ to 2 cups
One banana and /or any other fruit
Nonfat milk-one cup
Two cups of water
800 calories

Snack 10-10:30 a.m.

One cup Low-fat Yogurt – or one protein shake (1)
Snack bar/bagel/fruit (1)
Two cups of water
450 calories

Lunch 1-1:30 p.m.

One bowl of any soup
Chicken, Turkey, Tuna or egg salad sandwich or wrap
Raw vegetables
Fresh orange and/or any other fruit
One cookie
Two cups of water
800 calories

Snack 2:30-3 p.m.

Any juice and/or low-fat yogurt or protein shake
Snack bar/bagel/fruit (1)
Two cups of water

325 calories

Dinner 7 p.m.

Choose One Entree

Shrimp, chicken pork or beef stir fry

Spaghetti with meat sauce

Baked chicken, turkey or fish

Whole grain bread

Salad and/or fresh vegetables

Two cups of milk

Two cups of water

1,250 calories

Snack 9 p.m.

No Fast Food

Toasted english muffin or toast with peanut butter

OR

Low-fat yogurt, 1 cup or one protein shake Two cups of water

Food Index: Healthy Food Choices

PROTEINS	CARBOHYDRATES	CARBOHYDRATES
Chicken Breast	Sweet Potato	Broccoli
Turkey Breast	Baked Potato	Cauliflower
Lean Chicken Deli Meat	Brown Rice	Green Beans
Lean Turkey Deli Meat	Wild Rice	Green Peas
Lean Roast Beef Deli Meat	Whole Wheat Pasta	Green/Red Pepper
Lean Turkey/Chicken Hot Dog	Quaker Instant Oatmeal	Mushrooms
Lean Ham Deli Meat	Whole Wheat Bread	Tomato
Salmon-can or fresh	Whole Wheat Buns	Carrot
Chicken-can in water	Black Beans	Celery
Tuna-can in water	Red Beans	Cabbage
Swordfish	White Beans	Zucchini
Halibut	Refried Beans	Cucumber
Crab	Baked Beans	Onion
Shrimp	Corn	Lettuce
Lobster	Strawberries/Blueberries	Asparagus
Venison	Melon	Collard Greens
Haddock	Apple/Pear	Mustard Greens
Flank Steak	Orange/Grapefruit	Spinach
Ground Turkey Breast	Banana	Artichoke
Ground Chicken Breast	Peach/Plum	Kidney Beans
Top Round or Sirloin Steak	Grapes- Red or Green	Mixed Vegetables

- Order bean burritos, soft tacos, fajitas, and other non-fried items when eating Mexican fast foods. Choose chicken over beef. Pile on extra lettuce, tomatoes, and salsa. Go easy on cheese, sour cream, and guacamole. Watch out for deep fried taco salad shells. A taco salad can have more than 1,000 calories!
- Pizza can be a good fast food choice. Go for the thin crust pizza with vegetable options. Limit yourself to only a few slices, not an entire pizza. Meat and extra cheese add calories and fat.