

Eat After Every Workout

Why?

- Eating after practice or a workout helps an athlete to recover faster. This results in reduced muscle soreness and fatigue.
- Eating after a workout helps an athlete to improve performance, and keep energy levels high.
- Eating a meal or snack that is a **combination of carbohydrates and protein** helps to restore energy stores of glycogen in muscles as **well as helps repair and rebuild muscles.**

Post-Workout Foods

- Chocolate milk
- Banana and Peanut Butter Sandwich or P.B. & J
 - Greek Yogurt + granola
 - Smoothie
- Veggie Omelet with 1-2 slices of toast
- Turkey, Roast Beef and Cheese Sandwich + apple
- Chicken breast + sweet potato wedges + veggies
 - Scrambled eggs and pancakes
 - Protein Bar
 - Cottage cheese and Fruit
 - Trail mix + sports drink
 - Banana + handful of almonds
 - Apple slices + peanut butter
 - Tuna on crackers
 - Pita + hummus

Optimal Recovery occurs within 30 minutes of completing activity!

**This should happen after an intense workout!! If your workout is 30 minutes or less, or low intensity- a recovery meal is probably not necessary.

High-Performance Meal and Snack Building:

How to build your performance plate:

Pick an Item in each step to create an ideal plate

1/3 of your plate Carbs	1/3 of your plate veggies	1/3 of your plate Protein – Rich Foods:	Flavor Kick!	Still Hungry?	Replace Fluid Loss
Step #1	Step #2	Step #3	Step #4	Step #5	Step #6
Starches: Whole Wheat Bread Rolls, buns Pita Pasta Couscous Quinoa Rice Tortillas Potatoes Sweet Potatoes Corn Peas Beans (black, kidney, etc.)	Vegetables: Broccoli Green Beans Peppers Zucchini Cauliflower Squash Spinach Romaine Mushrooms Carrots Snap Peas Tomatoes Cucumber Beets	Animal Sources: Salmon Tuna Halibut Cod Shrimp Chicken Breast Lean Turkey Breast Eggs Milk Soy Milk Greek Yogurt Cottage cheese	Lower Calorie: Mustard Vinegar Garlic Mrs. Dash Salsa Relish Pickles Pico De Gallo Spices/Seasonings Tomato Sauce Ketchup Healthy Fats Oil based	Grab Fruit: Banana Apple Orange Pear grapefruit Grapes Grapefruit Pineapple Peaches Cherries Berries Mangos Tangerines Applesauce Plums	Water Skim/Low-fat milk 2% milk Chocolate milk Sports Drink 100% fruit juice Lemonade Tea Coffee Smoothies/shakes

Lentils	Asparagus	Tenderloin	dressings	Kiwi	
Pizza Crust	Eggplant	Pork Loin	Avocado		
Bread Sticks		Filet	Nuts		
Baked chips		Sirloin			
Low-Fat Popcorn					
Graham crackers		Plant Sources:	Use in moderation:		
Low-fat muffins		Peanut Butter	Butter		
		Nuts	Margarine		
		Sunflower Seeds	Butter sauces		
		Pumpkin Seeds	Creamy sauces		
		Hummus	Alfredo sauce		
		Beans	Sour cream		
		Soy Products (tofu)	Mayo		
			Cream Cheese		
			Cheese		
			Gravies		
					**NOTE: Different fluid choices may be more appropriate for certain individuals based on needs and goals.)

Grocery Shopping Guide

Use this list as a guide when grocery shopping- When shopping, only buy items that you will enjoy eating and be able to eat without anything going to waste!

Protein	Veggies	Fruit
<ul style="list-style-type: none"> ○ Peanut Butter ○ Almond Butter ○ Beans ○ Lentils ○ Eggs ○ Canned Tuna/Salmon ○ Tofu ○ Deli Meats 	<ul style="list-style-type: none"> ○ Baby carrots ○ Sugar Snap Peas ○ Celery ○ Peas ○ Corn ○ Cucumber ○ Grape Tomatoes ○ Sweet Potatoes ○ Zucchini 	<ul style="list-style-type: none"> ○ Strawberries ○ Blueberries ○ Raspberries ○ Mangos ○ Apples ○ Bananas ○ Citrus Fruits ○ Kiwi ○ Cherries

<ul style="list-style-type: none"> ○ Chicken Breast ○ Salmon ○ Cod ○ Halibut ○ Shrimp ○ Lean Beef ○ Lean Pork ○ Greek Yogurt ○ Cheese ○ Cottage Cheese 	<ul style="list-style-type: none"> ○ Spinach ○ Peppers ○ Broccoli ○ Cauliflower ○ Green Beans ○ Egg Plant ○ Squash 	<ul style="list-style-type: none"> ○ Pears ○ Peaches ○ Nectarines ○ Grapes ○ Melons
Have on Hand for Snacks	Staple Carbs	Other Essentials
<ul style="list-style-type: none"> ○ Applesauce cups ○ Hummus ○ Nuts ○ Dried Fruit ○ Cereal ○ String Cheese ○ Yogurt ○ Crackers ○ Granola 	<ul style="list-style-type: none"> ○ Rice ○ Pasta ○ Oatmeal ○ Couscous ○ Tortillas ○ Whole Wheat Bread ○ English Muffins ○ Bagels 	<ul style="list-style-type: none"> ○ Milk ○ Honey ○ Jam/Jelly ○ Mustard ○ BBQ ○ Ketchup ○ Salsa ○ Pickles ○ Canola Oil ○ Extra Virgin Olive Oil ○ Cooking Spray ○ Spaghetti Sauce ○ Cinnamon ○ Mrs. Dash ○ Garlic Powder

Grocery Shopping Tips

1. Choose generic brands when possible! Tastes the same, but CHEAPER!
2. Shop Sales- and stock up!
3. Shop the Perimeter of the store for the essential items
4. Most of the non-essential items are on the inside of

So you want to gain muscle??

Effective muscle gain Do's:

1. Increase frequency of eating- aim for at least 3 meals and 2-3 snacks
2. Increase intake of calorie dense foods at EVERY meal and snack
3. Finish everything on your plate (Putting larger portions in front of you can help promote an increased intake)
4. Increase intake of calories from beverages at meals and in between meals
5. Hydrate with a Sports Drink instead of just water
6. Eat a night time snack
7. Carry snacks with you
8. Make sandwiches on bagels

Foods and Beverages that can help boost calories and promote muscle gain:

TOPPINGS

Nuts
Dried fruit
Granola
Shredded cheese
Sliced cheese
Sunflower seeds
Maple syrup
Crackers
Croutons
Sour cream

HIGH ENERGY BEVERAGES

Chocolate milk
Fruit juice
Yogurt smoothies
Boost/Ensure
Carnation Instant Breakfast
Sport drink
Milkshakes

ENERGY DENSE ITEMS

Bagels
Muffins/scones
Yogurt parfait
Peanut M&Ms
Ice cream
Corn bread
Trail mix
Energy bars (cliff, PRO, Muscle Brownies)

SPREADS

Peanut butter

Nutella

Honey

Jelly/jams

Pudding

Olive oil

Salad dressings

Butter/margarine

Mayo



Healthy Weight Loss Strategies for Athletes

Healthy Meal Planning Tips

Eat 5-6 small meals throughout each day

DO NOT skip meals

Choose Lean Proteins

Choose Low-Fat Dairy Items

Rely on Low-Calorie beverages

- Water, unsweetened tea, flavored waters

Increase non-starchy veggie intake at meals and snacks

Pair carbs with protein/healthy fats at meals and snacks to increase satiety.

Choose whole, high fiber grains as your carbohydrate choice

Reduce intake of saturated fats

- Fried foods, packaged foods, creamy sauce, condiments, spreads, dressings & high fat cheese

Limit Alcohol

1. **Sit, Eat, and Savor-** Eating on the go constantly can wreak havoc on tasting and enjoying food with all the senses. **SLOW DOWN!** Savor the flavor, taste and aroma of your meal. This will help your stomach process to your brain that you are eating, and prevent over-eating or mindless grazing.
2. **Don't Deprive Yourself**—as human beings, we have an urgent reaction to food deprivation: usually it's overindulgence! Make peace with all foods, and enjoy everything in moderation and proper portions
3. **Drink Plenty of Water-** The body is able to metabolize fat more optimally when the body is well hydrated. Drink fluids consistently throughout the day- try to drink half your weight in fluid oz. So if someone weighed 160lbs they would reach for at least 80oz of water/day

4. **Eat Bulky Foods-** Foods like fruit, vegetables, soups, whole grain breads, and oatmeal are not only rich in many essential nutrients, but because of their high water and fiber content they help to keep you full and satisfied throughout the day.
5. **Aim for 7-9 Hours of Sleep**—Sleeping less could serve as a trigger to the body to increase food intake and store fat.

Eating Healthy at Chipotle:



Build your best meal for optimal performance at Chipotle:

Step # 1	Step #2	Step # 3	Step #4
Choose your meal:	Choose your meat:	Healthy fillings:	Use caution with these high calorie add-ins (pick one)
Burrito Bowl	Barbacoa	Brown rice OR Black Beans	Sour Cream
	Chicken	Fajita Vegetables	Guacamole
	Carnitas	Fresh Tomato Salsa	Cheese
	Steak	Roasted Chili-Corn Salsa	
		Romaine Lettuce	

This **Burrito Bowl** will provide you approximately: 450-580 calories, 57 g carbohydrates and 44g protein.

Other Tips:

- The 4 meat choices are similar in regards to nutrition, pick your favorite.

Guacamole is your best choice in Step #4. It is calorie dense, but contains healthy fats and nutrients

- Choose Brown Rice or Black Beans, or get a small scoop of both.
- Ask for extra Fajita Vegetables- to help fill you up, but not out!
- If a Burrito Bowl is not your favorite, your next best options would include:
 - Soft Corn Tortilla- 60 calories per tortilla
 - Crispy Taco Shell- 60 calories per shell
 - Flour tortilla- 90 calories per tortilla



Are You Hungry for a Sandwich?

Smart Choice	Avoid
SUBWAY - 6" on 9-grain wheat	
Black Forest Ham	Big Philly Cheesesteak
Oven Roasted Chicken Breast	Buffalo Chicken
Roast beef	Chicken & Bacon Ranch Melt
Subway Club	Italian B.M.T
Turkey Breast	Meatball Marinara
Turkey Breast and Black Forest Ham	Spicy Italian
Veggie Delight	Tuna
SUBWAY BREAKFAST	
Egg and Cheese on 6" flatbread	Mega Melt
Sunrise Subway Melt- Egg Muffin	6" Breakfast B.M.T. Melt

6" Egg White and Cheese with Ham

Sausage, Egg White & Cheese on 6" flatbread

Jimmy John's

Plain Slims

Plain Slim- Tuna

#2 Big John

Giant Club Sandwiches

#4 Turkey Tom

The J.J. Gargantuan

JJ Unwich

#3 Totally Tuna

Build a better sandwich: Add onion, lettuce, tomato, cucumber, spinach, peppers, olives, avocado and pickles.

Use Caution With: cheese, mayo, and other sauces/dressings.

Eating Smart at Chick-Fil-A & Panera

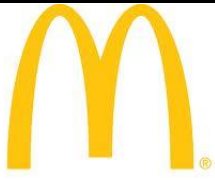
Smart Choice	Avoid
Chick-Fil-A	
Chargrilled Chicken Sandwich	Deluxe Chicken Sandwich
8-12 Count Chicken Nuggets	Spicy Chicken Sandwich Deluxe
3 Count Chicken Strips	4 Count Chicken Strips
Chargrilled Chicken Cool Wrap	Chicken Salad Sandwich
Spicy Chicken Cool Wrap	Chicken Caesar Cool Wrap

Chargrilled & Fruit Salad	Chick-N-Strips Salad
Sides	
Fruit Cup	Chicken Salad Cup
Chicken Soup	Cole Slaw
Side Salad	Waffle Fries
Panera	
Half Smokehouse Turkey on Three Cheese	Full Frontega Chicken on Focaccia
Half Tomato & Mozzarella on Ciabatta	Full Cuban Chicken Panini
Half Roasted Turkey, White Cheddar & Apple	Full Steak and White Cheddar on French Baguette
Half Asiago Roast Beef on Asiago Cheese	Full Italian Combo on Ciabatta
Half Roasted Turkey & Avocado BLT on Sourdough	Full Sierra Turkey on Focaccia with Asiago Cheese
Soup	
Garden Vegetable with Pesto	Baked Potato
Chicken noodle	Cream of Chicken and Wild Rice
Black Bean	New England Clam Chowder
Breakfast	
Seasonal Fruit Cup	Bacon, Egg and Cheese on Ciabatta
Steel Cut Oatmeal	Sausage, Egg and Cheese on Ciabatta
Strawberry Granola Parfait	Asiago Cheese Bagel with Bacon
Power Breakfast Bowl with Steak	French Toast Bagel Breakfast with Sausage
Power Breakfast Bowl with Roasted Turkey	Sweet Onion & Poppyseed with Steak
Egg & Cheese on Ciabatta	Roasted Turkey & Sundried Tomato Pesto

Breakfast Power on Whole Grain	
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More Panera Tips:

- Your best choices will usually always be a half sandwich or a half salad. Full sandwiches and salads can range from 800-950 calories and 30-50 grams of fat!
- Panera Bagels are very calorie dense; ranging from 300-420 calories, and that is without even adding a spread like cream cheese or peanut butter!
- Also a Panera Muffin or Scone can have 300-620 calories!



Eating Smart at McDonald's

i'm lovin' it®

• Smart Choice

Avoid

Breakfast

Egg McMuffin

Big Breakfast with Hotcakes

Sausage McMuffin

McSkillet Burrito w/ sausage

Sausage Breakfast Burrito

Steak, Egg, and Cheese Bagel

Sausage McGriddle

Sausage, Egg, and Cheese McGriddle

Oatmeal

Big Breakfast

Sandwiches

Hamburger

Big Mac

Cheeseburger

Angus Bacon and Cheese

McChicken

Angus Mushroom and Swiss

Premium Grilled Chicken Classic

Angus Deluxe

Premium Grilled Chicken Ranch BLT

McRib

Premium Crispy Chicken Club

Premium Crispy Chicken Ranch BLT

Snack Wraps

Grilled Ranch

Any of the Crispy Snack wraps

Grilled Honey Mustard

Angus Mushroom and Swiss

Grilled Chipotle BBQ

Angus Deluxe

Other

Side salad with LF Italian Dressing

French Fries

Fruit and walnuts

Chicken Selects Breast Strips

Chicken McNuggets

Dessert

Fruit and Yogurt Parfait with Granola

Shakes

Apple Dippers

McFlurry

Kiddie Ice Cream Cone

Baked Apple Pie

Beverages

Iced Tea

Pop

Water

Juice

Milk

Smoothies

Eating Smart at Wendy's

Smart Choice

Avoid

Sandwiches

Jr. Hamburger	Jr. Bacon Cheeseburger
Jr. Cheeseburger	Double Stack
Jr. Cheeseburger Deluxe	Double Cheeseburger Deluxe
Grilled Chicken Go Wrap	Baconator Single
Ultimate Chicken Grill	Homestyle Chicken Fillet
	Asiago Ranch Club
	Dave's Hot N' Juicy 3/4 lb Triple
	Spicy Chicken Sandwich

Salads

Apple Pecan Chicken Salad with Pomegranate Vinaigrette Dressing	Baja Chicken Salad
Berry Almond Chicken Salad with Grilled Chicken with Raspberry Vinaigrette Dressing	BLT Cobb Salad
	Spicy Chicken Caesar Salad

Side Items

Garden Side Salad with Raspberry Vinaigrette Dressing	French Fries
Apple slices	Chicken Nuggets
Chili (sm)	Frosty Shakes
Baked potato- skip the sour cream	

Beverages

Water	Lemonades
Milk	Juice
Tea	Pop
	Frosty Shakes



Steak & Shake

Good Meal Options	Healthy Sides
<ul style="list-style-type: none"> • Single Steakburger • Grilled Chicken Sandwich • Turkey Club • Chicken Fingers • Cup of Chili • Apple Pecan Grilled Chicken Salad • Grilled Chicken 	<ul style="list-style-type: none"> • Applesauce • Apples and Caramel • Small Garden Salad • Cottage Cheese with Pineapple • Mandarin Oranges • Cup of Chicken Gumbo Soup • Cup of Vegetable Soup

Noodles & Company

500 calories or less Meal Ideas
<ul style="list-style-type: none"> • Small Spaghetti • Small Whole Grain Tuscan Linguine <ul style="list-style-type: none"> • Small Pasta Fresca • Small Indonesian Peanut Sauté <ul style="list-style-type: none"> • Small Pad Thai • Small Japanese Pan Noodles • Small Mushroom Stroganoff <ul style="list-style-type: none"> • Small Pesto Cavatappi • Small Penne Rosa • Small Med Salad • Bangkok Curry Trio with sautéed Shrimp and a green side salad with fat-free Asian dressing <ul style="list-style-type: none"> • Small Thai Curry Soup with shrimp and a side cucumber tomato salad <ul style="list-style-type: none"> • Chicken Noodle Soup • Small Caesar Salad • The Med Sandwich and a tossed green side salad with balsamic vinaigrette

More Dining Out Tips:

- Plan ahead. Use nutrition information to plan your meals in advance.
- Ask for condiments on the side and then add them sparingly.

- Control your portion size. Share large entrees, desserts and other large-portion menu items.
- Choose from beverages such as Diet Coke, Low-fat Milk, unsweetened Iced Tea and Water.
- Look for words like: grilled, steamed, poached, roasted, marinara, baked, and broiled.

Sensational Smoothies

Banana Peanut Butter Smoothie

Serves 2

Ingredients

- 1/2 cup 1% low-fat milk or almond milk
- 1 frozen banana
- 1 tablespoon natural creamy peanut butter
- 2 tsp cocoa
- 1 tbsp ground flaxseed
- Dash of cinnamon

Preparation

1. Place all ingredients in a blender; process until smooth. If the smoothies seem too thick, add another tablespoon or two of milk.

Add Greek yogurt or a scoop of vanilla whey powder for a protein boost.

Or add some instant coffee (1-2 tsp) for a little caffeine boost and a healthier alternative to your Starbucks Frappuccino!

Nutrition Information per serving: Calories 229; Fat 8.4g; Protein 9.2g; Carbohydrate 32g; Fiber 4 g

Nectarine Smoothie

Serves 2

Ingredients:

- 1 ½ cups nectarines or peaches (fresh or frozen)
- 1 cups Greek yogurt
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 cup crushed ice

Place all ingredients in a blender and pulse several seconds. Pour into glasses and serve!

Nutritional Information Per serving: 206 Calories, 5g Fat (20% calories from fat), 11g Protein, 30g Carbohydrate, 2g Fiber

Tropical Bliss Smoothie

Serves 2

Ingredients:

- 1 frozen banana
- ¼- ½ cup mango, peeled
- 1 inch fresh ginger, peeled and chopped
- ½ cup OJ
- ¾ cup Greek Yogurt
- 1 cup greens (spinach, swiss chard, kale..etc)
- ½ cup ice

Place ingredients in blender and mix on high until ingredients are blended together and texture is creamy.

Nutrition information per serving: calories 234; Fat 4g; Carbohydrate 32g; Protein 16g; Fiber 7g.

Berry Delicious Smoothie

Serves 2

Ingredients

- 1 frozen banana
- 1-2 cups berries (strawberries, raspberries, blueberries..etc.)
- ½ cup Greek yogurt
- 1-2 tsp honey
- ¾ cup orange juice

Combine all ingredients in blender, and process until smooth. Enjoy now, or place in freezer for a quick snack later.

Nutrition Information Per Serving: Calories 197; Carbohydrate 38g; Fiber 4g; Fat .7g; Protein 12g.

Post-Workout Delight

Serves 2

Ingredients

- 1 cup strawberries
- ½ cup blueberries, frozen

- 2 bananas
- ½ cup orange juice
- 1 ½ cups plain yogurt
- 1 scoop vanilla whey protein powder

Combine all ingredients in blender, and process until smooth. Serve immediately.

Nutrition Analysis per serving: 335 calories, 60g carbs, 25g protein, 3g fat.