














MEAL PLAN

Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	2 eggs any way 1 banana 1 large whole wheat Bagel with 2 tbsp of butter, cream cheese or peanut butter	2 packets of instant oatmeal (any flavor) made with 2% milk 8 oz 100% Orange juice calcium fortified	Roast Beef & egg breakfast sandwich 1 banana 	Yogurt Parfait— 8 oz. yogurt (Higher protein preferred) 1 cup granola or dry cereal 1/2 cup fresh or frozen fruit	Fruit & Protein Smoothie 2 slices of whole grain toast with nut butter, butter or avocado 	2-4 large pancakes with blueberries 2 scrambled eggs 12 oz 100% orange juice	Large bowl of cereal with milk 1 medium apple 1 hard boiled egg
Snack	Granola Bar of Choice (2 if needed)	1 serving Beef Jerky Trail Mix 1/2 cup sliced cucumbers 	1 cup grapes or strawberries 1 cheese stick	1 serving beef jerky 1/2 cup cherry tomatoes or grapes	Granola Bar of choice (2 if needed)	1 banana or apple 4 tbsp peanut butter	Protein Nutrition bar 1 banana
Lunch	Hoagie with complete protein of choice with cheese, lettuce, and tomato Large apple or orange Bag of pretzels or chips 1/2 cup slice cucumbers	(Leftover) Beef Tacos with toppings (lettuce, tomato, and cheese) 1 large apple	Sandwich with complete protein of choice on whole wheat bread with cheese, lettuce & tomato 1 cup grapes 8 oz milk Single serving of chips or pretzels with hummus dip	1-2 Mediterranean Beef and Veggie Wrap 1 cup grapes 1 bag of chips or pretzels 1 cookie	(Leftover) Meatball sub 1/2 cup sliced green peppers or mini sweet peppers 	1 Bagel Pizza 1 apple 	Large Serving Hearty Shepherd's Pot Roast Pie (Add 4 cups of vegetables instead of just 2 cups) 1 cup fruit salad 
Snack	PB & J sandwich	1/2 cup trail mix of choice	1 single serving fig newton, or a similar fruit bar	PB& J sandwich	1/2 - 1 cup trail mix of choice	2 servings tortilla chips 1/2 - 1 cup salsa	1 Greek yogurt with granola
Dinner	2-4 Ground beef tacos (90/10 beef) Flour tortillas, salsa, lettuce, cheese, guacamole or avocado, sour cream 	Beef & Vegetable Fried Rice 	Sloppy Joe's Steamed Vegetables 	Pasta with Lean Baked Meatballs Marinara* Side Salad with dressing of choice 	Pre-Game Meal 	Grilled 6-8 oz. Steaks (cut of choice) Baked Potato with fixings. Add 1/2 -1 cup roasted or grilled vegetable like broccoli, zucchini, peppers, corn on the cob etc.	Classic Beef and Barley Soup Side salad of choice 2 dinner rolls 
Snack	12 oz chocolate milk	6-8oz Greek Yogurt of choice with granola on top	Fruit & Protein Smoothie 	Cereal & milk with banana slices	12 ounces chocolate milk 1 serving beef jerky 1 cup crackers	1 1/2 cups ice cream or frozen yogurt	Fruit & Protein Smoothie

PREP TIPS

Week 1

Protein & Fruit Smoothie

1 cup frozen fruit, 1 cup vanilla Greek yogurt, 1 cup fresh spinach, 1/2 cup (more if needed) water. Blend together.

Breakfast Sandwich

Toast an English muffin, bagel or 2 slices of whole grain bread. Heat a skillet over medium heat and fry 1 egg to preferred doneness. In addition lay 2-3 slices of deli sliced roast beef in the pan to heat. Once cooked and heated, layer roast beef, cooked egg, and 1 slice of cheese on toasted bread.

Meatball Sub

Layer meatballs and sauce in a hoagie roll. Sprinkle with cheese if desired. Wrap in aluminum foil to keep in tack in lunch box.

Bagel Pizza

Preheat oven to 350 degrees. Open up a large bagel and place on a baking sheet. Spread a generous amount of pizza sauce on top of the bagel. Sprinkle with mozzarella cheese and layer with beef pepperoni. Add sliced peppers, olives, and mushrooms if desired. Bake for 5-8 minutes, or until cheese is melted.

Beef Taco

In a medium hot rimmed pan, cook 2 lbs. ground beef, stirring to break up large chunks. When meat is nearly cooked through (about 10 minutes), carefully drain off the grease in the pan. Add 1 can of drained and rinsed kidney beans and 1-2 packets of taco seasoning (depending on flavor preference) adding water according to the seasoning directions. Reduce heat to medium low and heat through, then serve. Prepare enough meat to have leftovers for lunch tomorrow.

Pre-Game Meals



Pre-Game Meals can happen any day of the week depending on your sporting activity. Swap a pre-game meal option out for any day of the week.

