

MEAL PLAN

Week 3

Breakfast


















Snack

Lunch

Snack

Dinner

Snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<p>Country Style Waffle Sandwich using frozen beef sausage patties 8 oz 100% concord grape juice</p> 	<p>1 large Fruit & Protein smoothie</p> <p>1 slice whole grain toast with 2-3</p> <p>tbsp peanut butter</p> 	<p>1-2 frozen breakfast sandwiches</p> <p>1 banana</p> 	<p>2 packets of instant oatmeal (anyflavor) made with 2% milk</p> <p>1 banana</p> <p>10 oz 100% juice</p>	<p>1-2 Beef & Egg Breakfast Mugs</p> <p>2 slices whole grain toast with peanut butter</p> 	<p>Brunch Beef Strata</p> <p>Biscuits</p> <p>1 cup berries</p> 	<p>Fruit & Protein Smoothie</p> <p>2 slices of whole grain toast with nut butter, butter or avocado</p> 
Snack	<p>Granola Bar of choice (2 if needed)</p> <p>1/2 cup carrots sticks or chips</p>	<p>Protein-nutrition bar 1/2 cup cherry tomatoes</p>	<p>1 serving beef jerky</p> <p>1 cup cucumber slices</p>	<p>1/2 cup trail mix of choice Ex. Beef Jerky Trail Mix</p> 	<p>Granola Bar of choice (2 if needed)</p>	<p>Protein-nutrition bar 1 cup fresh vegetables with dip of choice (ranch, blue cheese, hummus, guacamole)</p>	<p>1 cheese stick</p> <p>1 serving whole grain crackers</p>
Lunch	<p>2 Peanut butter and jelly sandwiches on whole wheat bread 1 apple</p> <p>1 bag of whole grain crackers</p> <p>1 cheese stick</p>	<p>Sandwich with complete protein of choice on whole wheat bread with cheese, lettuce & tomato</p> <p>1 bag pretzels 1 apple 8 oz milk</p>	<p>(Leftover) Meatloaf Sandwich with lettuce and tomato (Layer sliced meatloaf on bread slices.)</p> <p>1 cup grapes</p> <p>1/2 cup carrot sticks or chips</p>	<p>(Leftover) Beef, Bean and Corn Quesadillas</p> <p>1 cup grapes</p> <p>1/2 cup carrot sticks or chips</p> <p>8 oz milk</p>	<p>Sandwich with complete protein of choice on whole wheat bread with cheese, lettuce & tomato</p> <p>1 bag pretzels or chips</p> <p>1 apple</p> <p>8 oz milk</p>	<p>Large Sub sandwich with meat, cheese, lots of vegetables, condiments of choice Single serve bag of chips 12 oz 100% juice</p>	<p>Classic Beef Pot Roast 1 cup roasted or steamed broccoli</p> 
Snack	<p>1 serving beef jerky</p> <p>12 oz Sports drink</p>	<p>8-10 oz chocolate milk</p>	<p>1/2 cup trail mix of choice Ex. Beef Jerky Trail Mix</p>	<p>8-10 oz chocolate milk</p>	<p>PB& J sandwich 1 banana</p>	<p>1/2 cup trail mix of choice Ex. Beef Jerky Trail Mix</p>	<p>1 banana</p> <p>4 tbsp peanut butter</p>
Dinner	<p>Black Beans and rice with grilled complete protein of choice Salsa, lettuce, avocado</p> 	<p>2 slices Classic Beef Meatloaf 1 cup mashed or roasted potatoes Side Salad with dressing</p> 	<p>1-2 Easy Baked Beef, Bean & Corn Quesadillas served with chopped lettuce, tomatoes, avocado, & olives 1 cup roasted or steamed broccoli</p> 	<p>Easy Skillet Chili Mac Side salad with dressing</p>  	<p>Pre-Game Meal</p>  	<p>Philly Beef Steak Sandwiches roasted potato wedges or fries</p> 	<p>BLT sandwich on whole grain bread</p> <p>Fruit Salad</p>
Snack	<p>Fruit & Protein Smoothie</p> 	<p>1 apple</p> <p>1 cheese stick</p>	<p>6-8 oz Greek yogurt of choice with granola on top</p>	<p>2 servings tortilla chips 1/2 - 1 cup salsa</p>	<p>12 ounces chocolate milk 1 serving beef jerky 1 cup crackers</p>	<p>1 1/2 cups ice cream or frozen yogurt</p>	<p>Large bowl of cereal and milk</p>

PREP TIPS

Week 3

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

Choose one on English muffin instead of croissant or biscuit.

Easy Skillet Chili Mac

Recommend adding additional can of chopped tomatoes and 3 cups chopped spinach (while cooking) to increase vegetables.

Black Bean and Rice

Simmer 2 cans of drained and washed black bean with 1 cup stock, 1 tsp salt, 1 tbsp tomato paste, and 1 tbsp oregano. Meanwhile cook a package of rice according to directions. Add salt and pepper to complete protein of choice and grill. Serve a scoop of rice with beans on top and sliced complete protein of choice. Top with condiments.

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.

