

Lunch and Dinner

FUEL FOR PERFORMANCE
AND RECOVERY

Best to balance...

1/2 plate of carbohydrates (grains, fruits, vegetables)

1/4 plate of protein (dairy, meat, beans)

1/4 plate of healthy fats (nuts, avocados)

Fuel Filled Lunch Ideas

Turkey sandwich + pretzels/baked chips/crackers + milk + water

Chicken pita with cheese + wheat crackers + banana + chocolate milk / juice

Ham & cheese rollup + crackers/chips/pretzels + fruit + yogurt + cookie + milk

Peanut butter & jelly sandwich + fruit + pretzels + milk

Chicken breast + frozen veggies + rice + side salad and dressing + milk
can buy precooked chicken from deli

Lean hamburger/bun/cheese + sweet potato + side salad with dressing or veggies + milk

2 pieces frozen pizza + side salad with dressing

Salmon + rice + side salad with dressing
can buy precooked salmon from deli

Rotisserie chicken + sauce + whole wheat pasta + side salad

Quick Dinner Ideas

Questions?

Contact me at:
akcoachsam@gmail.com

Carbohydrates are the preferred energy source - and our best source of fuel!

More protein doesn't always mean bigger and stronger muscles.

Goal to keep fat intake more unsaturated and polyunsaturated (less trans fats).

Things to keep in mind when creating your lunch / dinner menu