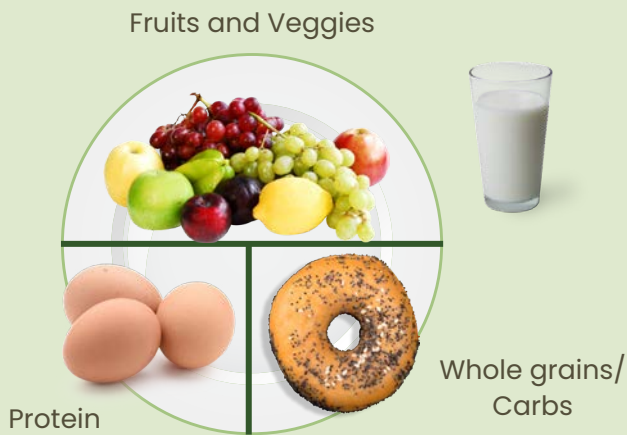


Example Athlete Training Plates

Aim to make your meals look similar to these plates!

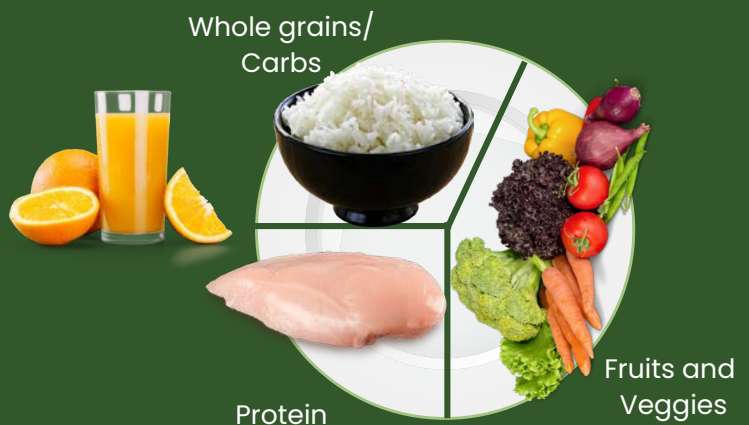
Easy Training/Rest Day



On easy training or rest days, it's normal to feel hungrier than even high-intensity training! Your body is trying to **replenish** its glycogen stores and **rebuild** muscle – and it needs fuel to do it!

Nutrition is **individualized**. Your nutrition needs will look different than your teammates' – and that's ok!

Moderate Training Day



High-intensity Training

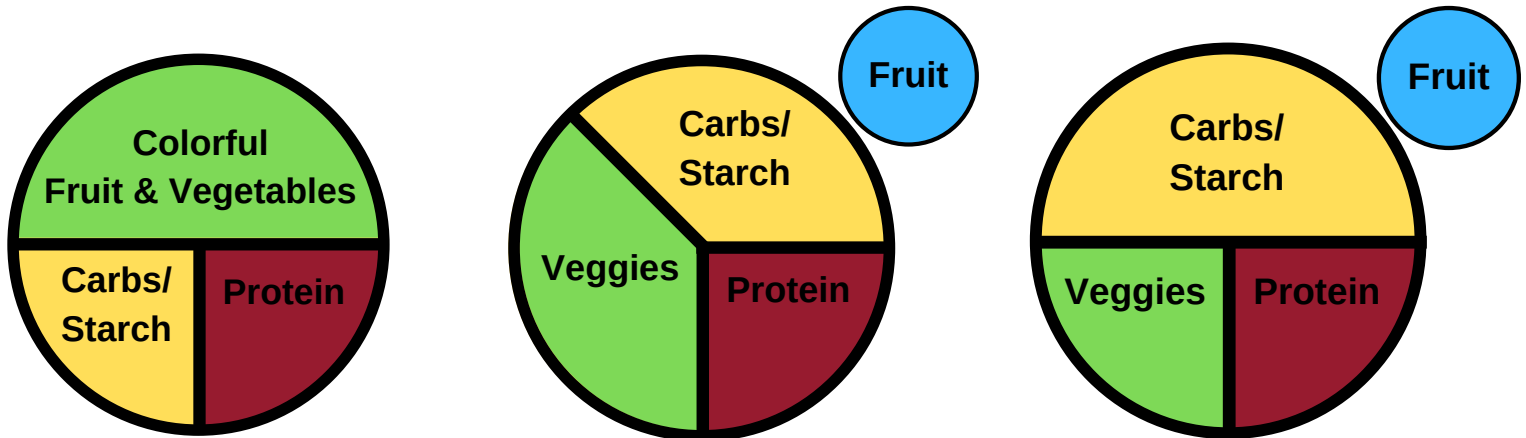


This is just a visual guide to help point you in the right direction. Your body knows what it needs, so it is important to listen to your hunger cues and eat when hungry!



SPORTS NUTRITION

WILDCAT PERFORMANCE PLATES



Light Training Days:

- 0-1 hour/day
- rest, light activity
- mobility, rehab

Moderate Training Days:

- 1-2 hours/day
- moderate intensity

Intense Training Days:

- 2+ hours/day
- double practice days
- high intensity training
- game or race day

BUILD YOUR PLATE WITH:

Carbs/Starch:

- cereal
- rice, quinoa
- bread, bagels
- potato
- sweet potato

Protein:

- meat, fish
- eggs
- beans
- tofu, soy
- yogurt

Vegetables:

- greens, lettuce
- bell peppers
- green beans
- broccoli
- squash

Fruit:

- apples
- bananas
- berries
- oranges
- grapes

Questions? Contact us:

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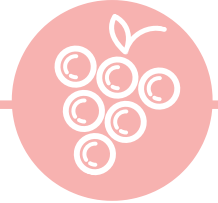
SPORTS NUTRITION

MEAL IDEAS



BREAKFAST

- Egg scramble with bell peppers, kale, onion, and toast with fruit
- Baked egg cups - with diced ham, bell peppers, spinach
- Yogurt parfait
- Smoothie with greek yogurt, chia seeds, and fruit
- Waffles with peanut butter, berries, and 3 over-easy eggs
- Overnight oats with greek yogurt and fruit



LUNCH

- Leftovers!
- Turkey and cheese sandwich with a side of fruit and carrots
- Tuna sandwich on wheat bread with an apple
- Three bean salad with veggies and a side of fruit
- Burrito with brown rice, chicken/beef, beans, veggies, salsa, and guacamole



SNACK

- Fruit and string cheese
- Yogurt and granola and fruit
- Peanut butter and apple or banana
- Jerky and fruit
- Crackers, cheese, grapes, almonds
- Half turkey sandwich
- Tuna packet and crackers
- Granola bar and fruit smoothie

DINNER

- Turkey and bean chili with corn bread and a side of roasted carrots and broccoli
- Slow cooked shredded chicken tacos with a side salad
- Frozen pizza topped with chicken, cherry tomatoes, bell peppers, red onion
- Stir fry with brown rice, chicken, broccoli, carrots, and bell peppers



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