

Athletes need protein, carbohydrates, and fat in order to fuel their workouts properly (yes, you need fat). However, if you put fried, greasy crap in your body, you will feel like fried, greasy crap on your runs. A car needs gas to run...cars don't run on anything else. They need the right fuel to work the right way. The same is true for you! Here's some great ideas for meals and snacks, and I included what I actually eat myself. I threw in a fast food option too, because we coaches know that sometimes that's the only choice you've got 😊

Breakfast

- Egg white omelet, whole wheat waffle with natural peanut butter
- Whole wheat bagel with natural peanut butter and sliced bananas on top
- Hard boiled egg, whole wheat toast, fruit
- Oatmeal with non-fat yogurt (think Yoplait light, any flavor)
- Cup of skim milk with high fiber and/or high protein cereal (Kashi makes great cereals, choose one from them)
- If you have to have fast food...McDonald's Egg McMuffin is your best choice (English muffin with scrambled egg, cheese, and Canadian-style bacon)

Lunch

- Turkey sandwich (whole wheat bread, turkey breast, lettuce, tomato, mustard...spice it up with avocado slices, laughing cow light spreadable cheese, hummus, or something creative and healthy) and throw in some baked chips or pretzels
- Peanut butter and jelly sandwich (use a tablespoon of natural peanut butter and whole wheat bread) and an apple, navel orange, or a banana
- Veggie wrap (use a whole wheat tortilla and any combination of vegetables like arugula, spinach, lettuce, shaved carrots, tomatoes, bell peppers, cucumbers, alfalfa sprouts, avocado...spread on some hummus, add some low-fat cheese, or low-fat cream cheese) and grab a handful of mixed nuts and dried fruit to go with it
- Buffalo Chicken wrap (grilled chicken, hot sauce, celery, tomatoes, lettuce, sprinkle in some bleu cheese crumbles) and eat some carrot sticks on the side

- If you have to have fast food...Chick-Fil-A's chargrilled chicken sandwich is a great choice or McDonald's McChicken Sandwich and a side salad with Newman's Own Low Fat Balsamic Vinaigrette

Dinner

- Black Bean Burgers are great...get a whole wheat bun, frozen black bean patty (gardenburger and morning star make pretty good stuff) and put whatever condiments you want on it (within reason), put some tortilla chips and salsa on the side
- Chicken or Salmon with rice...grill some chicken or salmon and eat it with a cup of brown rice, this meal is really filling and good for you after a workout because of the carbs and protein content...I like throwing in some steamed broccoli with the rice
- Make your own pizza...buy an already made pizza crust (thin crust is healthier and less starchy), then get creative...use tomato sauce, low-fat mozzarella, load it up with vegetables, a lean protein source (chopped up turkey, grilled chicken, lean ground beef)...I personally love a little bit of chopped ham and pineapple chunks with a little bit of cheese...the point of making a pizza is to balance carbs, protein, and fat all in one dish
- If you have to have fast food...Subway's oven roasted chicken breast 6 inch sub (be careful with the condiments, stay away from mayo/chipotle/ranch sauces) with Dannon light and fit yogurt

Snacks

- String cheese and 5-6 whole grain crackers
- 1 tablespoon of peanut butter with a sliced apple
- Kashi makes great granola bars which are perfect for pre-workout energy
- Strawberries and non-fat yogurt
- Homemade trail mix (you can find tons of healthy recipes on the internet)
- If you have to have fast food...McDonald's fruit and yogurt parfait is your best bet...or anything that's a baked snack (Baked Lays, etc.)
- My go-to snack is a can of v-8 juice (the all vegetable kind, not the fruity stuff) and some whole grain crackers