

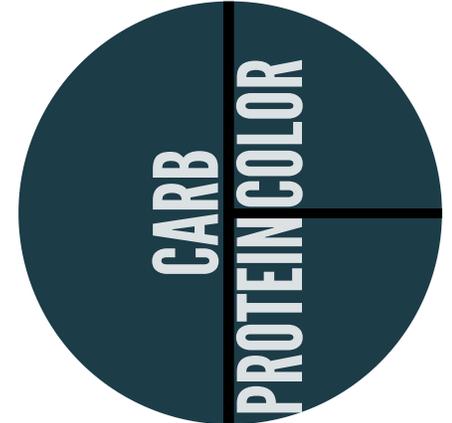
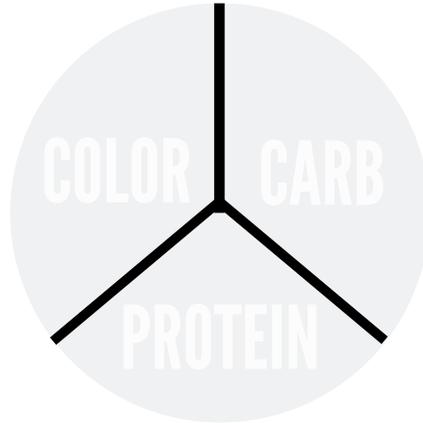
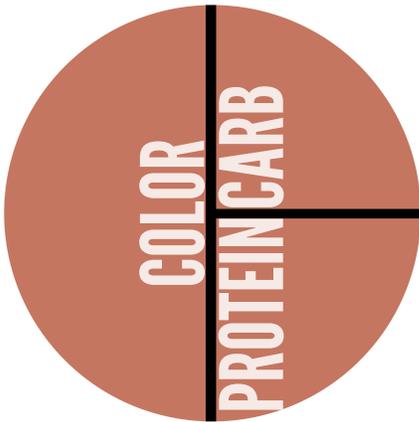
FUEL YOUR DAY



LOW INTENSITY

MODERATE INTENSITY

HIGH INTENSITY



Off day, off season or light training days

Practice , 1 hour of strength training, 5-10k days

Pre-season, two-a-days, carb loading

CARBOHYDRATES

Enriched Pasta
Rice
Potatoes
Winter Squash
Fortified Cereals
Corn
Crackers
Enriched Breads
Whole Grain Breads
Tortillas
Barley
Quinoa
Oats
Beans/Peas/Lentils



PROTEIN

Whole Eggs
Nuts
Seeds
Beans
Peas
Lentils
Edamame
Fortified Tofu or Soy Products
Dairy or Dairy Alternatives such as milk, cheese, & yogurt



Fatty Fish:
Salmon
Tuna
Mackerel
Herring
Sardines
Seafood
Fortified Nutritional Yeast

COLOR

Fresh Fruit
Prunes
Fortified Juice
Artichokes
Asparagus
Bell Peppers
Bok Choy
Beets
Broccoli
Carrots
Cauliflower
Chinese Cabbage
Cucumber
Eggplant
Leafy Greens: Spinach, Kale, Turnip, Collard or Mustard
Mushrooms
Okra
Onions
Parsnips
Radishes
Snap Peas
Summer Squash
Tomatoes
Turnips
Zucchini



Don't forget to include a small amount of healthy fats to each meal such as avocado, olive oil, nuts/nut butters, flax/chia/hemp seeds or make your protein fatty fish such as salmon or tuna.



Dairy/Dairy Alternatives is another food group that helps us meet nutrient needs such as Calcium & Vitamin D, which are both vital for strong bones. Aim for 3 servings per day.



Hydration is also vital. Pair your plate with a glass of water, milk or milk alternatives, 100% fortified juice, or sports drinks depending on your training needs.



Add Iodized salt to season meals to meet Iodine needs!

COMMON FOOD SOURCES

	Protein	Vitamin D	Omega-3	Iron	Zinc	B-12	Riboflavin	Calcium	Iodine
Fatty Fish (Tuna, Salmon, Herring, Mackerel, Sardines, Anchovies)	X	X	X	X (SALMON WITH BONES)		X	X (SALMON)	X (SALMON WITH BONES, SARDINES)	X (CANNED TUNA)
Eggs	X	X	X*	X	X	X	X		X
Fortified Milk/Milk Alternatives*	X	X			X	X	X	X	X
Fortified Yogurt*	X	X			X	X	X	X	
Fortified Cheese*	X	X			X	X		X	
Tofu/Soy Products	X			X*	X		X	X*	
Nuts (walnuts, almonds, cashews)	X		X (WALNUTS)	X	X (ALMONDS)		X (ALMONDS)	X (ALMONDS)	
Seeds (pumpkin, chia, hemp)	X		X (CHIA, HEMP)	X	X (HEMP, PUMPKIN)				
Beans	X			X	X			X (WHITE BEANS)	
Lentils	X			X	X				
Peas	X			X	X				
Fortified Cereals		X*		X*	X*	X	X		
Edamame	X			X	X				
Leafy Green Vegetables				X (SPINACH)			X	X	
Whole Grains	X (QUINOA)			X	X		X		
Enriched/Fortified Grains	X*			X*			X		X
Fortified Juices		X						X	
Dried Prunes				X					X
Fortified Mushrooms		X					X		
Seaweed			X						X

*ALWAYS double check your labels and keep in mind that while these foods contain these nutrients, you may need more than one serving to meet your needs!

SAMPLE DAY

BREAKFAST:

glass of milk (regular or alternative), bowl of oatmeal with hemp and chia seeds, peanut butter, and blueberries.

SNACK:

trail mix with dried prunes, cranberries, pumpkin seeds, almonds, & fortified cereal.

LUNCH:

whole grain tortilla wrap with spinach, beans, diced tofu (or salmon!), avocado, & tomato, fortified greek yogurt with banana slices, & walnuts.

SNACK:

glass of fortified juice with edamame.

DINNER:

brown rice stir fry with salmon or tofu, asparagus, fortified mushrooms, bok choy, and peas cooked in olive oil & seasoned with iodized salt & pepper.

SNACK:

glass of milk (regular or alternative) with an almond butter & banana sandwich on whole grain or enriched bread OR a bowl of fortified cereal.

*Please note this is NOT calorie or daily requirement counted!! This is simply to show you what a nutrient packed, plant based meal might look like. You may need more, you may need less energy wise AND nutrient wise!

