

Performance Nutrition Plan

Wake Up:

Training Time(s):

Classes/Work Time:

Bedtime:

Meal	Time	Location	Food	Fluids
Snack			Carbohydrate Protein Fat Fruit/Veggie	
Breakfast			Carbohydrate Protein Fat Fruit/Veggie	
Snack			Carbohydrate Protein Fat Fruit/Veggie	
Lunch			Carbohydrate Protein Fat Fruit/Veggie	
Snack			Carbohydrate Protein Fat Fruit/Veggie	
Dinner			Carbohydrate Protein Fat Fruit/Veggie	
Snack			Carbohydrate Protein Fat Fruit/Veggie	

Here is a chart to help plan your meals according to your schedule. You don't need to use every row- for example if your practice is in the afternoon you won't need a snack before breakfast. For snacks choose two food groups such as protein and fruit - nut butter and an apple. For meals, follow the Athlete's Plate guidelines.

WNY Performance Nutrition can help you make a meal plan that fits your training needs and schedule.
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