

Approx. Times

6:30am

***Note:** Sport drinks necessary only when activity lasts greater than 1 hour. All other times water is recommended.

Breakfast

Fresh fruit, scrambled eggs, small glass OJ

Lunch note: If you skip lunch...bring snacks with you! Eat regularly!

11:30am

Snack Note: Most snacks are interchangeable.

Lunch

Whole grain turkey and cheese sandwich, lettuce, tomato, mustard, water

Portion sizes: Vary from person to person, depending on your individual goals. A Registered Dietitian can help personalize a plan for you.

2:15pm

Optional Snack

Low-fat yogurt, fresh fruit, water

Necessary Snack

Peanut butter on an apple, water

Necessary Snack

Medium sized fruit and yogurt based smoothie, water

2:45pm

No Physical Activity

Another Sport

Sport drink*

Crew Practice

Sport drink*

5:15pm

Dinner

Turkey meatballs and pasta with marinara sauce, steamed cauliflower, water

Snack

Nutrition bar, water

Dinner

Soft chicken tacos, lettuce, tomato, salsa, low-fat cheese, water

Snack

Nutrition bar, water

6:15pm

Snack

String cheese, crackers, water

Crew Practice

Sport drink *

Crew Practice

Sport drink *

Dinner

Broiled salmon, salad with vinaigrette dressing, whole wheat pasta, water

8:00pm

Dinner

Grilled chicken, broccoli, baked sweet potato, water

Snack

Air popped popcorn, fresh fruit, water

Dinner

Grilled steak, spinach with oil and garlic, wild rice, water