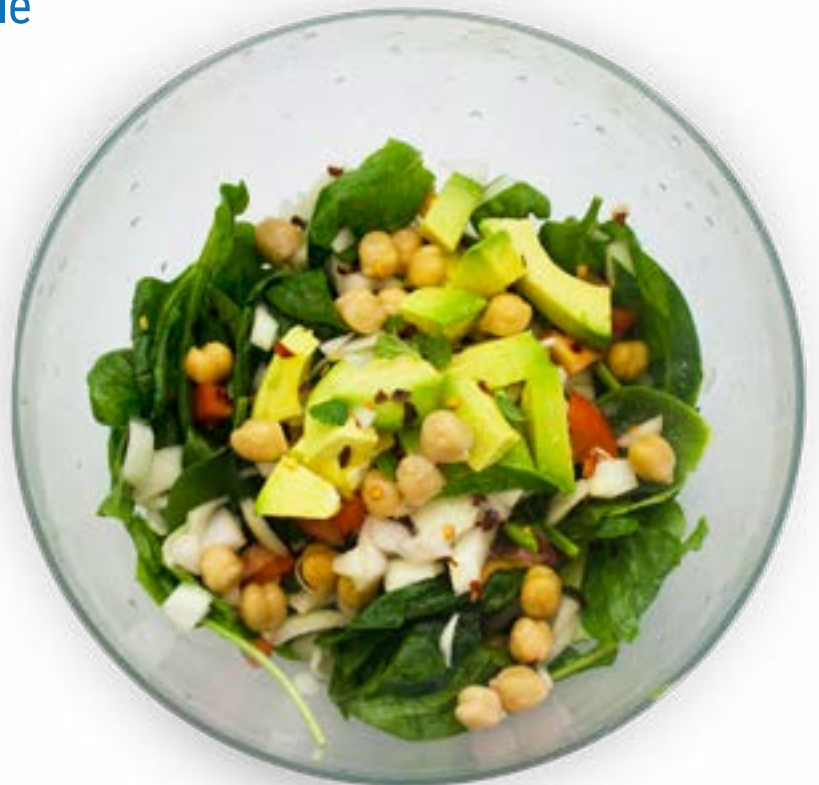


PERFORMANCE

MEAL PLAN

Our meal plan will optimize recovery, increase energy, decrease risk of injury and help support a healthy lifestyle year-round.



GROCERY LIST

Trainer Tip: If you use a grocery delivery service, it is easy to save and reuse this list weekly.

Produce

Kale
Spinach
Arugula
Celery
Dates

Lemons
Bananas
Apples
Sweet Potatoes

Misc.

Orange Juice
Peanut Butter
Cinnamon
White or Brown Rice
Pasta & Sauce
Ginger Paste
Eggs
Oat milk or Almond Milk

Meat or Fish

Select 1-2:
Ground Beef
Ground Bison
Ground Turkey
Salmon Filet or Tuna

Nuts

Almonds
Cashews



BREAKFAST

Trainer Tip: Food is FUEL.

The foods below are energy-dense. Spacing them out into two morning meals will provide sufficient energy to train, compete and live life at a high level.



Breakfast #1

- 2-3 eggs cooked any style (hard boiled is easy for on the go)
- 12-16oz Green smoothie
 - 1 Handful Kale
 - 1 Handful Spinach
 - 1 Stick Celery
 - 4-6oz Orange Juice or Oat Milk
 - 2 Dates
 - 1 Scoop Peanut Butter
 - Half Lemon
 - 1tbsp Ginger Paste)

Breakfast #2

- 1 whole banana and 3 tablespoons of peanut butter (keep a jar of jiffy around) or handful of almonds / cashews
- 32oz of water

LUNCH

Trainer Tip: A mid-day salad is nutrient-dense in vitamins and minerals, which help enhance the focus and mental clarity needed to sustain optimum performance all-day.

Lunch

Leftovers from dinner the night before

- 6-8oz of Grilled Chicken, Ground Beef/Turkey/Bison or Salmon Fillet
- Rice or Pasta with Spinach, Kale or Arugula mixed in
- 1-2 Baked Sweet Potatoes (Regular or Japanese)
- 2 Handful of Almonds or Cashews
- 16oz of Water



SNACK

Trainer Tip: Pre-workout fruit and dates provide us with fast-burning energy providing carbohydrates perfect for elite performance.

Mid Afternoon Snack

Pre-Workout

- 1 Apple or Banana
- 3 Spoonfuls of Peanut Butter or a Handful of Nuts
- 3 Raw Majool Dates
- 32oz of Water

Afternoon Snack

Post-Workout

- 12-16oz Green smoothie
 - 1 Handful Kale
 - 1 Handful Spinach
 - 1 Stick Celery
 - 4-6oz Orange Juice or Oat Milk
 - 2 Dates



DINNER

Trainer Tip: As long as you have trained today it is okay to have seconds!

Dinner

- 6-8oz of Grilled Chicken, Ground Beef/Bison/Turkey or Salmon Fillet
- Rice or Pasta with Spinach or Kale or Arugula mixed in
- 1-2 Baked Sweet Potatoes (Regular or Japanese)
- 2 Handfuls of Almonds or Cashews
- 16oz of Water

