



A DAY IN THE LIFE OF THE MEN'S BASKETBALL TEAM

breakfast

9-10:30 am / study hall

heavy snack

12-1 pm / weight lifting

light lunch

2-5 pm / practice

refuel / dinner



breakfast

*4 scrambled eggs with 1 cup of spinach, 1 cup of bell peppers, & 1 cup of fruit

*1 cup of oatmeal cooked with 1 cup of milk, add a spoonful of nut butter, 1 sliced banana, & 1/2 cup of blueberries

*1 slice of toast topped with 1/2 an avocado, 2 fried eggs, & 3 turkey sausages

*1 cup of yogurt topped with 1/2 cup of granola, 1 cup of berries, & drizzled honey

*4 turkey sausages, 2 scrambled eggs, a slice of toast, & a cup of fruit

snacks

*starkist tuna pack with 10 whole grain crackers

*peanut butter & jelly sandwich on whole grain bread

*2 hard boiled eggs & an apple

*an apple/handful of pretzels & 1/2 cup of peanut butter

*1/3 cup of hummus, 15 baby carrots, & a handful of multigrain pita chips

*one can of chicken with a hard-boiled egg & 1 cup of grapes

*4 turkey slices with cheese slices rolled in, & a handful of whole wheat crackers

*these are simply ideas to help guide your meals throughout the day

lunch

*Chicken wrap: 1 whole wheat tortilla, spread 2 tbsp of hummus, 1 cup of grilled chicken, 1 cup of spinach, & 1/2 cup of tomatoes

*Tuna salad sandwich: mix 1 canned tuna with a spoonful of mayo, 2 sliced celery sticks, 1 sliced apple, 1 cup of sliced grapes, a handful of almonds, on whole wheat bread or 1/2 cup of pita chips/crackers

*Wheat bread, 1 cup of rotisserie style chicken, 2 slices of cheese, loaded with veggies

* Quesadilla: 1 cup of shredded chicken, 1 cup of cheddar cheese on 2 whole wheat tortillas, & a side of guacamole

dinner

*Burrito-bowl: 1 cup of quinoa, 1 cup of grilled chicken, 1/2 cup of black beans, 1/2 cup of corn, sliced onion, 1/3 cup pico de gallo, 1/2 an avocado, 1/2 cup of shredded lettuce, 1/3 cup cheese

*1 cup grilled fish, 1 baked potato, 1 cup of steamed broccoli, & 1 cup of asparagus

*1 baked chicken breast, 1 cup of roasted potatoes, 1 cooked zucchini, 1/2 cup of brown rice

*1/2 cup of brown rice, 1/2 cup of baked chickpeas, 1 cup of cauliflower, 1 cup of sweet potato, & sliced red onion (one pan bake)

Remember!

*Eat breakfast within one hour of waking up

*Refuel within one hour of activity

* Hydrate throughout the day, you can't over hydrate!

*Replenish with a sports drink after one hour of vigorous activity

*Choose baked, broiled or grilled protein!

*Choose nonfat or low fat dairy products!

*Choose unrefined, whole grain carbohydrates!

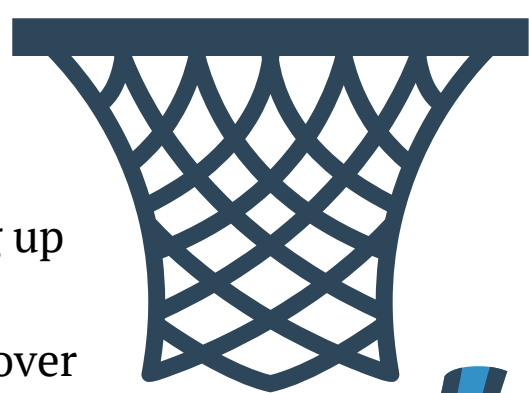
Greater or equal to 3 grams of fiber per serving

*Choose more mono or polyunsaturated fats!

*Snak every 2-3 hours

*Plan for your week! Prepare snacks, cut vegetables, and know what your day looks like ahead of time.

Preparation is the key to success!



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