

WHAT A PROFESSIONAL ATHLETE EATS IN A DAY



BREAKFAST

5 whole eggs, scrambled
4-5 slices of turkey bacon, baked
1/2 avocado
1 slice of sourdough toast
1 apple + 1 orange + blood orange
Orange Juice



LUNCH MEDITERRANEAN PLATE

White rice
Lemon chicken
Tomato, cucumber, red onion salad
Pita bread
Tzatziki sauce



MID-DAY MEAL TURKEY TERIYAKI BOWL

White Rice
Ground turkey with teriyaki sauce
Roasted green beans
Shredded carrots
Scallions
Avocado
Sesame Seeds



DINNER SALMON PLATE

Honey mustard salmon
Gluten free pasta
Roasted broccolini
Roasted asparagus
Roasted green beans
Arugula & parmesan salad



POST DINNER MEAL PROTEIN OATS PROTEIN SHAKE

- Oatmeal with flaxseeds, protein powder, strawberries, chocolate chips and peanut butter.
Chocolate peanut butter shake with protein powder, cacao powder, peanut butter, spinach, chia seeds and banana.