

PLAN YOUR PERFORMANCE MEAL

You know that training hard every day is vital to your performance. And eating well every day is just as important. To build your “performance meal”, aim to include these components with each meal and snack:

HEALTHY FATS

Flavor/texture boosters that help keep you full and reduce inflammation

Full-fat dairy products, nuts and seeds, olive oil, nut butters or avocado



FRUIT

Provides energy and hydration, and reduces risk of muscle damage

Fresh, canned, dried or frozen



PROTEIN

Promotes recovery and muscle tissue repair, fills you up and improves bone health

Cheese, yogurt, milk, fish, beef, eggs, beans, tofu or poultry



VEGETABLES

Reduce inflammation and build durability in body systems

Fresh, steamed, roasted or sauteed



HYDRATING BEVERAGES

Aids in recovery, digestion and temperature regulation

Low-fat milk, drinkable yogurt, water, decaffeinated unsweetened tea or coffee

WHOLE GRAINS

Carbohydrates provide energy for the working muscles and the brain

Bread, cereal or pasta products with “whole grain” listed as the first ingredient

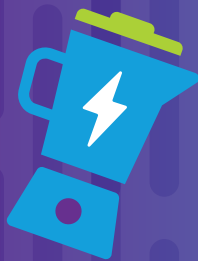
WINNING MEAL COMBOS

COMBO 1

COMBO 2

COMBO 3

Breakfast	Whole grain oats made with milk, nuts and seeds plus berries	Veggie and egg scramble topped with cheese plus potatoes, glass of milk	Toast topped with mashed avocado and soft-cooked egg, yogurt with strawberries
Snack	Small handful of trail mix	Yogurt and berries	Peanut butter and apple
Lunch	Whole wheat wrap with chicken, veggies and beans, plus fruit and yogurt with a sprinkle of granola	Lentil chili topped with cottage cheese and avocado, whole grain baguette, apple slices	Tuna sandwich with veggies, bean salad and chocolate milk
Snack	Cheese and grapes	Tuna on cucumber slices	Edamame
Dinner	Stir-fried veggies with shrimp served over brown rice, topped with cashews	Pasta with red sauce and parmesan, salmon filet and roasted veggies	Turkey burger on whole wheat bun topped with veggies and Swiss cheese, veggie sticks and hummus
Snack	Cookie and glass of milk	Frozen yogurt and blueberries	Instant pudding made with milk, topped with fruit



PRO-FAVORITE

Try U.S. Speedskating athlete and 2018 Olympian Erin Jackson's "Pro-Favorite" Smoothie Recipe:

1 cup favorite frozen fruit(s)
 ½ cup kale (fresh or frozen)
 1 cup milk
 ½ cup plain greek yogurt
 2 tbsp. peanut butter

½ banana
 ¼ cup oats
 1 tbsp. flax seeds *(optional)*
 1 tbsp. chia seeds *(optional)*

BLEND AND ENJOY!



For more information on how to fuel your everyday greatness, scan the QR code or visit: Greatness.Unbottled.com