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

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### WINNING MEAL COMBOS

<table>
<thead>
<tr>
<th>COMBO 1</th>
<th>COMBO 2</th>
<th>COMBO 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Whole grain oats made with milk, nuts and seeds plus berries</td>
<td>Small handful of trail mix</td>
<td>Whole wheat wrap with chicken, veggies and beans, plus fruit and yogurt with a sprinkle of granola</td>
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<tr>
<td>Veggie and egg scramble topped with cheese plus potatoes, glass of milk</td>
<td>Yogurt and berries</td>
<td>Lentil chili topped with cottage cheese and avocado, whole grain baguette, apple slices</td>
</tr>
<tr>
<td>Toast topped with mashed avocado and soft-cooked egg, yogurt with strawberries</td>
<td>Peanut butter and apple</td>
<td>Tuna sandwich with veggies, bean salad and chocolate milk</td>
</tr>
</tbody>
</table>

### 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!**