



MEAL PROGRAM

Nutrition Mindfulness Guide
2500-2900 calories

A Nutrition Mindfulness Guide

You may already know that how well you eat impacts how well you can perform. Nutrition is a fun experiment; what your buddy eats may not work for you as well as it works for them. Everyone is different and everyone trains and tests differently too.

This simple meal program is a checklist of the food servings you may need and the nutrient timing that may make a big difference. You do not need to count every single calorie or weigh your food to make healthful choices.

I created this to address two nutrition issues that I see frequently in my practice; many athletes are not eating enough for the intense training and work they are doing and they are often not choosing the most nutrient dense foods. The Service Members that I worked with have requested a meal plan like this to help track healthful food choices and to see the connection between their food choices and their energy level, mood, and training.

I cannot tell you specifically what foods you have to eat, or how many calories you require without completing a nutrition assessment consultation. I can only suggest that we all choose more whole foods. This is a general recommendation for the middle of the pack. Some will need to eat and drink more and some will need less.

This program is designed to help anyone be more mindful of their food choices and how they support their fitness and performance goals. Please consult with your Dietitian for individualized advice.

Dr. Jenna Stedman, DCN RD, CSSD
Cognitive Performance Dietitian

Keep This In Mind

Carbohydrates are our main energy source. We get carbs from fruits, vegetables, beans, and whole grains. Our brains require carbohydrates for proper function.

Aim to choose complex carbohydrates, like whole grains, during the day for sustained and long lasting energy. Choose simpler carbohydrates, like a banana, closer to your training session for easy digestion and quick energy.

Aim to choose more unsaturated fats, such as nuts and seeds, than saturated fats, such as fried foods and processed meats.

Look for plant protein sources, such as beans or soy products, as well as leaner animal proteins, such as eggs, chicken, turkey, fish or seafood.

FYI: $\text{Body weight in kg} \times 25 = \text{Daily calories (+/- 150 calories)}$

Make sure to include the approximate calories you burn from exercise.

Example: $81 \text{ kg} \times 25 = 2,025 \text{ cal} + 350 \text{ cal exercise} = 2,375 \text{ calories}$

May need about 2,225-2,525 calories that day

Keep This In Mind

Pre workout can be a full balanced meal 3-4 hours before your training session including each food group: whole grains, protein, and produce. It can also be a smaller snack 30-45 minutes before working out. This might be only a carbohydrate rich food.

Post workout can be a full balanced meal including each food group: whole grains, protein, and vegetables. It can also be a smaller protein rich snack after working out. The sooner you eat after training, the sooner the recovery process can start.

- **Try about 8oz of beetroot juice pre workout to help open up blood vessels and move oxygen and nutrients to working muscle groups.**
- **About 3-5g caffeine per kg of body weight can help to improve maximal strength and muscular endurance, as well as perceived exertion. Consult with your Tactical Dietitian before trying this, as some may have adverse reactions to caffeine.**
- **Try about 8oz of tart cherry juice, or any dark berry juice rich in antioxidants, post workout to help with muscle recovery and respond to the stress of exercise.**

There are certainly processed food products that are healthful choices. We can find healthy cereals, pretzels, snack bars, sports drinks, and many other processed foods that are convenient to include in our nutrition pattern. Most of the time, we should aim for choosing more whole foods than ultra-processed foods. This looks like eating hummus and black beans most days, and jelly beans once in a while. But we never have to give up jelly beans.



Instructions

The top chart is an example of what times to eat your meals and snacks and how many servings of each food group could be included in each meal. You will also see a list of recommended foods above that, but this is not an exclusive list. All fruits and vegetables are healthy to include in your nutrition pattern, but only about thirty are listed as examples. When choosing grains, aim for whole grains as much as you can. Choose leaner proteins more often than fattier proteins. Aim to choose more unsaturated fats, listed above, then saturated fats.

- Fill in what times you plan to eat your meals and snacks.
- Record how many ounces of water you consume at each meal and how many approximate servings of the food groups you eat at each meal.
- If you are still hungry after eating the recommended servings, please eat something. Do not restrict yourself to only what is recommended.
- If you are not hungry enough to eat all of the recommended servings, please do not force yourself to eat them all.

Rest Day Meals



Water	Fruit	Vegetables	Whole Grains	Leaner Proteins	Healthy Fats
Plain	Apple	Asparagus	Barley	Bean Pasta	Almond Butter
Sparkling	Banana	Broccoli	Bagel, whole grain	Black Beans	Almonds
Infused berries	Blackberries	Brussel Sprouts	Bread, whole grain	Chicken	Avocado Oil
Infused herbs	Blueberries	Carrots	Brown Rice	Chickpeas	Avocado
Iced Tea	Clementines	Cauliflower	Corn Chips	Edemame	Cashews
Hot Tea	Grapefruit	Celery	Crackers	Eggs, egg whites	Chia Seeds
	Grapes	Cucumbers	Couscous	Fish	Flax Oil
	Kiwi	Green Beans	Jasmine Rice	Kidney Beans	Flax Seeds
	Mango	Green Peas	Oatmeal	Lentils	Olive Oil
	Orange	Lettuce	Pasta, whole wheat	Pinto Beans	Peanut Butter
	Peach	Onions	Potatoes	Seafood	Peanuts
	Pears	Peppers	Quinoa	Split Peas	Pecans
	Pineapple	Spinach	Roll, whole grain	Tempeh	Pistachios
	Raspberries	Tomatoes	Sweet Potato	Tofu	Pumpkin Seeds
	Strawberries	Yellow Squash	Wild Rice	Turkey	Sunflower Seeds
	Watermelon	Zucchini	Wrap, whole grain	White Beans	Walnuts
	1 serv approx = 25g carbs	1 cup approx = 12g carbs	1 serv approx = 25g carbs	1 serv approx = 15g pro	1 serv approx = 15g fat

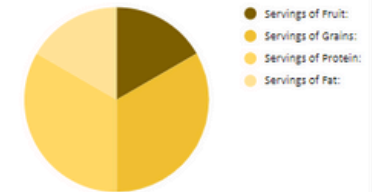
REST DAY

Time:	Meal/Activity:	Ounces of Water:	Servings of Fruit:	Servings of Vegetables:	Servings of Grains:	Servings of Proteins:	Servings of Fat:
0730-0830	Meal 1	20	1		2	2	1
1000	Snack 1	20	1	1		2	
1200-1300	Meal 2	20		3	2	2	2
1530	Snack 2	15	1	1		2	
1800-1900	Meal 3	20		3	2	2	2
2000	Snack 3	15		1		1	
2200-0600	Sleep						
	Total Servings:		3	8	6	10	5

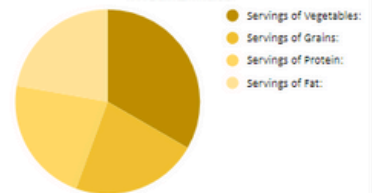
	Carbohydrates	Protein	Fat
Grams	325	150	75
Percent	50%	23%	26%
Calories	1300	600	675
		Total Calories	2575

Time:	Meal/Activity:	Ounces of Water:	Servings of Fruit:	Servings of Vegetables:	Servings of Grains:	Servings of Proteins:	Servings of Fat:
	Meal 1						
	Snack 1						
	Meal 2						
	Snack 2						
	Meal 3						
	Snack 3						
	Sleep						
	Total Servings:						

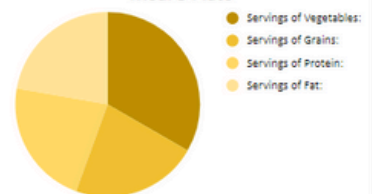
Meal 1 Plate



Meal 2 Plate



Meal 3 Plate



AM Workout Day Meals



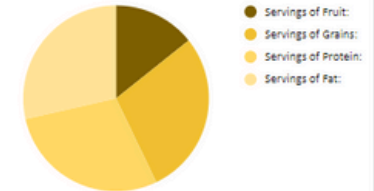
Water	Fruit	Vegetables	Whole Grains	Leaner Proteins	Healthy Fats
Plain	Apple	Asparagus	Barley	Bean Pasta	Almond Butter
Sparkling	Banana	Broccoli	Bagel, whole grain	Black Beans	Almonds
Infused berries	Blackberries	Brussel Sprouts	Bread, whole grain	Chicken	Avocado Oil
Infused herbs	Blueberries	Carrots	Brown Rice	Chickpeas	Avocado
Iced Tea	Clementines	Cauliflower	Corn Chips	Edemame	Cashews
Hot Tea	Grapefruit	Celery	Crackers	Eggs, egg whites	Chia Seeds
	Grapes	Cucumbers	Couscous	Fish	Flax Oil
	Kiwi	Green Beans	Jasmine Rice	Kidney Beans	Flax Seeds
	Mango	Green Peas	Oatmeal	Lentils	Olive Oil
	Orange	Lettuce	Pasta, whole wheat	Pinto Beans	Peanut Butter
	Peach	Onions	Potatoes	Seafood	Peanuts
	Pears	Peppers	Quinoa	Split Peas	Pecans
	Pineapple	Spinach	Roll, whole grain	Tempeh	Pistachios
	Raspberries	Tomatoes	Sweet Potato	Tofu	Pumpkin Seeds
	Strawberries	Yellow Squash	Wild Rice	Turkey	Sunflower Seeds
	Watermelon	Zucchini	Wrap, whole grain	White Beans	Walnuts
	1 serv approx = 25g carbs	1 cup approx = 12g carbs	1 serv approx = 25g carbs	1 serv approx = 15g pro	1 serv approx = 15g fat

AM WORKOUT DAY

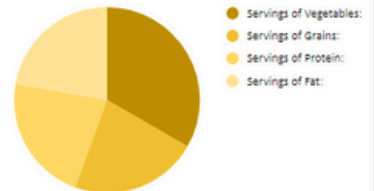
Time:	Meal/Activity:	Ounces of Water:	Servings of Fruit:	Servings of Vegetables:	Servings of Grains:	Servings of Protein:	Servings of Fat:
0600	Pre Workout Snack	15	1		1	2	
0630-0730	Workout	15					
0800-0900	Meal 1	20	1		2	2	2
1030	Snack 1	15	1	1		1	
1200-1300	Meal 2	20		3	2	2	2
1530	Snack 2	10		1		1	
1800-1900	Meal 3	20		3	2	2	1
2000	Snack 3	10		1		2	
2200-0600	Sleep						
	Total Servings:		3	9	7	12	5
		125					
					Carbohydrates	Protein	Fat
					Grams	362.5	180
					Percent	51%	25%
					Calories	1450	720
							2845

Time:	Meal/Activity:	Ounces of Water:	Servings of Fruit:	Servings of Vegetables:	Servings of Grains:	Servings of Protein:	Servings of Fat:
	Pre Workout Snack						
	Workout						
	Meal 1						
	Snack 1						
	Meal 2						
	Snack 2						
	Meal 3						
	Snack 3						
	Sleep						
	Total Servings:						

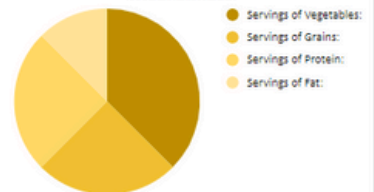
Meal 1 Plate



Meal 2 Plate



Meal 3 Plate



PM Workout Day Meals



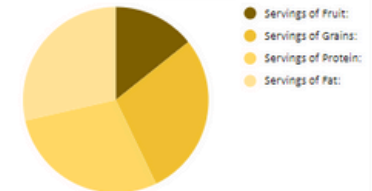
Water	Fruit	Vegetables	Whole Grains	Leaner Proteins	Healthy Fats
Plain	Apple	Asparagus	Barley	Bean Pasta	Almond Butter
Sparkling	Banana	Broccoli	Bagel, whole grain	Black Beans	Almonds
Infused berries	Blackberries	Brussel Sprouts	Bread, whole grain	Chicken	Avocado Oil
Infused herbs	Blueberries	Carrots	Brown Rice	Chickpeas	Avocado
Iced Tea	Clementines	Cauliflower	Corn Chips	Edamame	Cashews
Hot Tea	Grapefruit	Celery	Crackers	Eggs, egg whites	Chia Seeds
	Grapes	Cucumbers	Couscous	Fish	Flax Oil
	Kiwi	Green Beans	Jasmine Rice	Kidney Beans	Flax Seeds
	Mango	Green Peas	Oatmeal	Lentils	Olive Oil
	Orange	Lettuce	Pasta, whole wheat	Pinto Beans	Peanut Butter
	Peach	Onions	Potatoes	Seafood	Peanuts
	Pears	Peppers	Quinoa	Split Peas	Pecans
	Pineapple	Spinach	Roll, whole grain	Tempeh	Pistachios
	Raspberries	Tomatoes	Sweet Potato	Tofu	Pumpkin Seeds
	Strawberries	Yellow Squash	Wild Rice	Turkey	Sunflower Seeds
	Watermelon	Zucchini	Wrap, whole grain	White Beans	Walnuts
	1 serv approx = 25g carbs	1 cup approx = 12g carbs	1 serv approx = 25g carbs	1 serv approx = 15g pro	1 serv approx = 15g fat

PM WORKOUT DAY

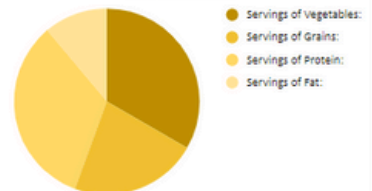
Time:	Meal/Activity:	Ounces of Water:	Servings of Fruit:	Servings of Vegetables:	Servings of Grains:	Servings of Protein:	Servings of Fat:
0730-0830	Meal 1	20	1		2	2	2
1000	Snack 1	20	1	1		1	
1200-1300	Meal 2	20		3	2	3	1
1530	Pre Workout Snack	15	1	1	1	2	
1600-1700	Workout	15					
1800-1900	Meal 3	20		3	2	2	2
2000	Snack 3	15		1		2	
2200-0600	Sleep						
	Total Servings:	125	3	8	7	10	5
				Carbohydrates	Protein	Fat	
				Grams	350	150	75
				Percent	52%	22%	25%
				Calories	1400	600	675
					Total Calories		2675

Time:	Meal/Activity:	Ounces of Water:	Servings of Fruit:	Servings of Vegetables:	Servings of Grains:	Servings of Protein:	Servings of Fat:
	Meal 1						
	Snack 1						
	Meal 2						
	Pre Workout Snack						
	Workout						
	Meal 3						
	Snack 3						
	Sleep						
	Total Servings:						

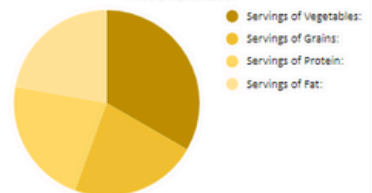
Meal 1 Plate



Meal 2 Plate



Meal 3 Plate



Examples of Meal and Snack Options

Breakfast could be oatmeal or overnight oats (1 serving grains) with berries (2 servings fruit) and flax seeds (1 serving fat).

Breakfast could also be a banana and orange (2 servings fruit) and peanut butter toast (1 serving grain and 1 serving fat) and three egg whites (1 serving protein).

Lunch or dinner could be a wrap (1 serving grains) with mixed veggies (2 servings vegetables) and black beans (1 serving protein) and 1/3 avocado (1 serving fat).

Lunch or dinner could be mixed vegetables (2 servings vegetable) and noodle soup (1 serving grains) with chicken (1 serving protein) and a side of cashews (1 serving fat).

Lunch or dinner could be pasta (1 serving grain), mixed vegetables (2 servings vegetables) with shrimp (1 serving protein) cooked with a little olive oil (1 serving fat).

There are infinite combinations and options. Find foods that you enjoy. All foods can fit into any nutrition pattern. You never have to give up any of your favorite foods.

Take a look at the Athletes Meal Prep Guide for more ideas of meals and snacks.