

**TRANSFIT ATHENS
SPORTS NUTRITION
MEAL PLAN 1**

	Post Run Breakfast	Pre-Workout Snack	Lunch	Snack	Dinner
Sunday	2 scrambled or hard boiled organic eggs, 1/2 avocado (try sprinkling with paprika or your favorite spice rub), 1 serving apple chicken sausage, 1 cup of berries	1 LARABAR	FREE MEAL- Clean out the fridge- get your kitchen ready for a successful week ahead! Chop any leftover veggies and fruits and freeze leftovers. - Put greens in large bowl & have a sweet potato.	1/4 cup cinnamon toasted almonds & 1 apple. Green Tea with lemon and mint.	1 serving Honey Lime Chicken, 1 cup Honey Glazed Carrots, 1/2 cup whole wheat cous cous (cook extra chicken breasts for salads this week), Nice Cream for dessert
Monday	Maple Apple Walnut Oatmeal, 1 cup of blueberries	1 banana with 2 TBSP cashew butter	1 serving Mediterranean Summer Quinoa Salad on 2 cups mixed greens, 1/2 avocado, 1 small apple	1 Greek yogurt with 1/4 cup low sugar granola & 1/2 cup berries. Green Tea with lemon and mint.	Turkey Burgers (no bun for you) whole wheat bun for family, 1/2 cup roasted sweet potato fries, 1 cup roasted broccoli with parmesan, watermelon for dessert
Tuesday	Blueberry Cashew Bliss Smoothie (add in 1 serving Vanilla Protien Powder)	1/4 cup walnuts or almonds & 1 apple	1 sweet potato (use coconut oil, cinnamon, 1 tsp brown sugar), Peach Spinach Salad, 1 cup watermelon	1 serving of carrots or celery 2 Tbsp hummus. Green Tea with lemon and mint.	1 serving Crockpot Asian Chicken, 1 cup Asian cauliflower rice or 1/2 cup brown rice, side salad with edamame
Wednesday	Maple Apple Walnut Oatmeal, 1 cup of blueberries	1 banana with 2 TBSP cashew butter	Berry Delicious Smoothie or large Spinach salad (2 cups) with leftover turkey burger patty	1 Greek yogurt with 1/4 cup low sugar granola & 1/2 cup berries. Green Tea with lemon and mint.	FREE MEAL/LEFTOVERS (try the leftover Asian Chicken in a lettuce wrap)
Thursday	2 scrambled or hard boiled organic eggs, 1/2 avocado(try sprinkling with paprika or your favorite spice rub), 1 serving apple chicken sausage, 1 cup of berries	1/4 cup walnuts or almonds & 1 apple	FREE MEAL- use this meal to go out to lunch or have leftovers. Practice making wise choices and focus on portion control.	1 serving of carrots or celery 2 Tbsp hummus. Green Tea with lemon and mint.	Broiled Salmon with Orange-Dijon Glaze, 1 cup Roasted Brussels Sprouts 1 small sweet potato, 1 cup watermelon for dessert
Friday	TransFit Almond (or Cashew) Dream Smoothie	1 LARABAR	1 serving Mediterranean Summer Quinoa Salad on 2 cups mixed greens, 1/2 avocado, 1 small apple	1/4 cup cinnamon toasted almonds & 1 apple. Green Tea with lemon and mint.	PIZZA & MOVIE NIGHT! OR FREE MEAL! Try Caprese Salad with 1 slice of thin crust homemade pizza!
Saturday	2 egg omelet (add in spinach, tomato, and touch of cheese), 1 piece Ezekiel bread, 1 cup watermelon	1/4 cup walnuts or almonds & 1 apple	Blueberry Cashew Bliss Smoothie (add in 1 serving Vanilla Protien Powder); or leftover Quinoa Salad on large bed of greens, 1 orange	1 Greek yogurt with 1/4 cup low sugar granola & 1/2 cup berries. Green Tea with lemon and mint.	1 serving Parmesan Chicken Breast, 1 cup Oven Roasted Green Beans, 1/2 cup roasted potatoes, 1/2 cup Raspberry NICE cream

Dear friend, I pray that you may prosper in every way and be in good health, just as your soul prospers. (3 John 1:2)

****MAKE SURE YOU ARE DRINKING 120oz WATER DAILY**