



Tempo Performance Training

Every athlete should set the tempo!

Sports Training Menu Day 1

Breakfast: 1-3 eggs (omega 3), 1 cup oatmeal, ½ cup raisins or other fruit, 1 glass 100% fruit juice

Lunch: 2 slices whole grain bread, 3 oz. chicken or turkey, 1 oz. low fat cheese slice, ½ cup lettuce/tomatoes, 2 cups raw vegetables, ½ cup low fat or fat free dressing

Dinner: 4 oz. grilled tilapia, ½ cup wild rice, 2 cups broccoli

Snacks: Nuts (cashews, walnuts, almonds), light popcorn, yogurt, fruit (oranges, apples, bananas, grapes, melons), bars (Clif, Kind, Luna, Nature Valley), seeds (pumpkin, flax)

Sports Training Menu Day 2

Breakfast: 2 tbsp. natural peanut butter, 1 multi grain bagel, fruit of choice, 1 glass 100% fruit juice

Lunch: 2 cups whole wheat pasta, 4 oz. very lean ground beef or turkey, 1 cup marinara sauce, 2 cups mixed greens, ½ cup low fat or fat free dressing

Dinner: 4 oz. grilled chicken, ½ cup brown rice, 2 cups green beans

Snacks: Nuts (cashews, walnuts, almonds), light popcorn, yogurt, fruit (oranges, apples, bananas, grapes, melons), bars (Clif, Kind, Luna, Nature Valley), seeds (pumpkin, flax)

Sports Training Menu Day 3

Breakfast: 1 ½ cup healthy cereal, 8 oz. soy or skim milk, fruit of choice, 1 glass 100% fruit juice

Lunch: 1 bowl healthy soup (lentil or bean), 1 cup tabouli salad, 2 cups carrots and celery, ½ cup low fat or fat free dip

Dinner: 4 oz. grilled salmon (wild), ½ cup whole wheat rice, 1 ½ cups broccoli, 2 cups mixed greens and vegetables, ½ cup low fat or fat free dressing

Snacks: Nuts (cashews, walnuts, almonds), light popcorn, yogurt, fruit (oranges, apples, bananas, grapes, melons), bars (Clif, Kind, Luna, Nature Valley), seeds (pumpkin, flax)

Daily Beverages

96 oz. water, 16 oz. Gatorade after 2 hours of training, protein shake if not eating for 2 to 3 hours