

THE STRONG ALL SEASON MEAL PLAN**Breakfast**

- 2 whole eggs (144 calories)
- 4 egg whites (34 calories)
- 3 strips of turkey bacon (35 calories)
- ½ grapefruit (41 calories)
- 1 cup of oatmeal (165 calories)
- 3 capsules or 1 tablespoon of fish oil (27-123 calories)
 - Fish oil fights inflammation (which can lead to injuries). It also ups your levels of omega 3 fatty acids, which is believed to enhance the mind's ability to focus.

Mid-Morning Snack

- ½ cup of raw nuts (depends of the type, but roughly about 400 calories)
- 6 oz. of organic lean meat- turkey, chicken (200 calories)

Lunch

- 8 oz. 90% lean ground beef (400 calories)
- 1 green pepper mixed with beef (200 calories)
- 1 cup brown rice (188 calories)
- 1 tablespoon of extra virgin olive oil (120 calories)

Mid Afternoon Snack

- 2 Tablespoons of organic peanut butter or almond butter (188 calories)
- 1 apple (77 calories)
- 1 scoop of Whey protein (120 calories)

Post Workout Snack (within 30 minutes after workout)

- 1 scoop Whey Protein (120 calories)
- 2 tablespoons of honey (128 calories)
- 1 mango or banana or ½ melon (90-130 calories)

Post Practice Meal (60-90 minutes after practice)

- 8-10 oz. fish, seafood, chicken, or steak (180-240 calories)
- 1-2 sweet potatoes (100-200 calories)
- 1 tablespoon Extra virgin olive oil or ½ avocado (161-240 calories)
- 2 cups of green vegetables

1-2 hours before bed

- 1 scoop of whey protein (120 calories)
- 1 cup of berries (52-65 calories)