



Sample Meal Plan:

Below is a sample meal plan that can be used as a guide or simply just to give some suggestions about healthy foods to eat. Obviously, everyone's individual diet and food preferences are going to be different, so what is listed below is merely designed to help give you some ideas. Between school and outside activities busy schedules can make detailed meal planning difficult, but planning ahead can help in this process. Remember that you should be drinking water at every meal.

All of us at A&M are committed to your well being and overall development, not just as basketball players. We all recognize that eating healthier is a critical component to that development, and we want to continue to assist you in this endeavor just as we want to help you improve your jump shot. If you have any questions or things that you feel we can help you with then please don't hesitate to ask us.

MONDAY

Breakfast

1/2 cup of Oatmeal with fruit and 3 scrambled eggs

Snack

Apple with a handful of mixed nuts

Lunch

Grilled chicken wrap packed with lettuce/spinach and veggies

Snack

Fruit smoothie with a granola bar

Dinner

Whole wheat with ground turkey and steamed broccoli

TUESDAY

Breakfast

Yogurt with fruit and two hard boiled eggs

Snack

Trail mix with nuts, seeds and raisins

Lunch

Fresh turkey sandwich on whole wheat bread with lettuce and tomato and bowl of grapes

Snack

Half a whole wheat bagel with peanut butter and apple slices

Dinner

Veggie burger with homemade sweet potato fries

WEDNESDAY

Breakfast

Whole wheat bagel with scrambled eggs and a banana

Snack

Fruit smoothie

Lunch

Low sodium lentil and vegetable soup with half a baked potato

Snack

Carrot and celery sticks with hummus or your favorite dressing

Dinner

Grilled chicken with brown rice and steamed vegetables

THURSDAY

Breakfast

Whole grain pancakes with bananas, strawberries and blueberries

Snack

Apple with peanut butter

Lunch

Tofu stir fry with vegetables and side salad

Snack

Apple sauce with string cheese

Dinner

Cheese and broccoli quiche

FRIDAY

Breakfast

Vegetable omelette with salsa

Snack

Half a cup of raisins with mixed nuts

Lunch

Homemade whole wheat pizza with veggies

Snack

Guacamole with pita chips

Dinner

Chicken salad with almonds and fruit salad

Each meal should be balanced. What that means is it should include a protein, a fat and a carbohydrate. Some foods like chicken contain both proteins and fats. Carbs can be found in fruits and vegetables as well as in more well known sources like pasta, rice, potatoes and breads and other grains. At this early stage of your development it is important that your diets are as diverse as possible, meaning that it is great to enjoy a wide variety of healthy foods.