

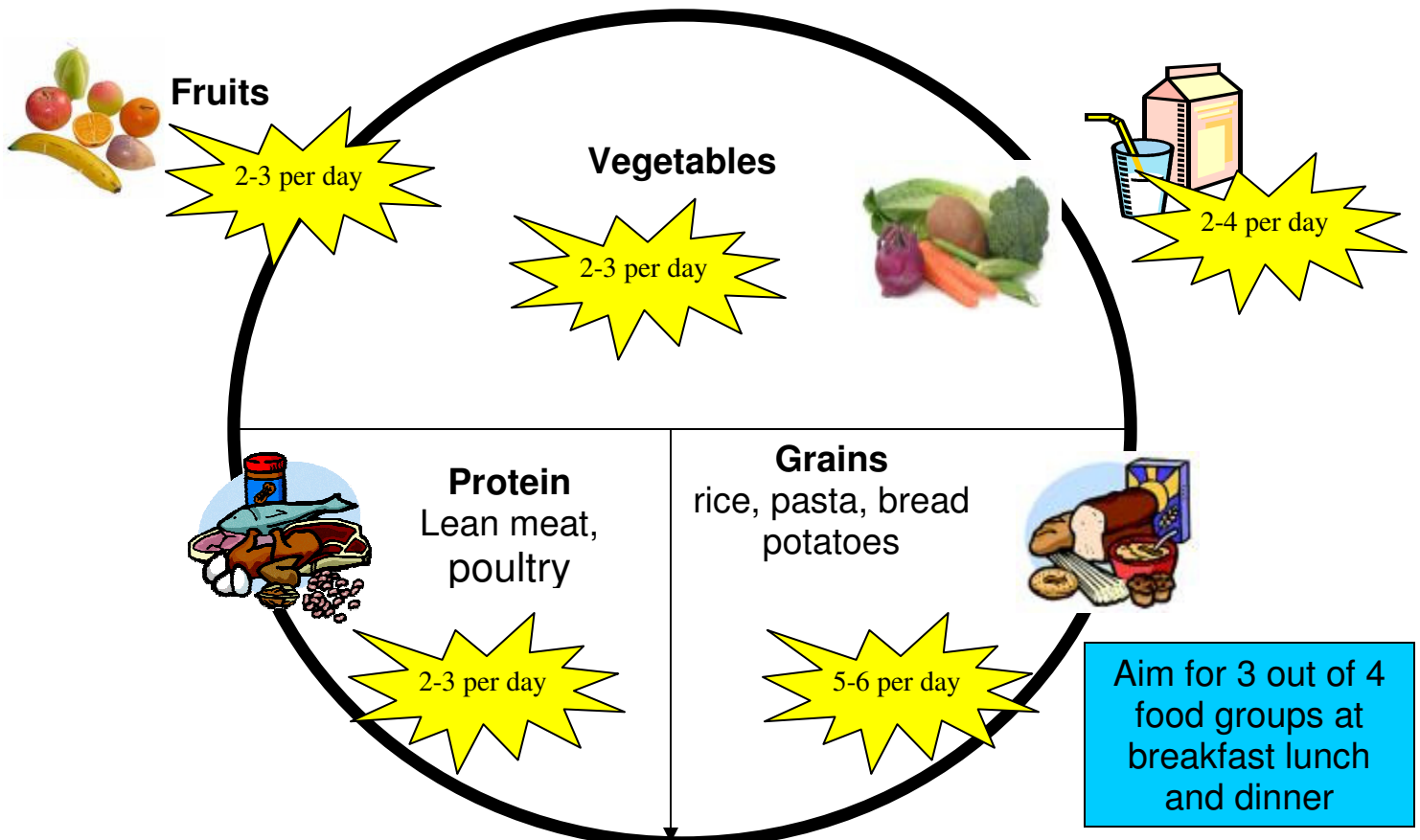
## Time to Plan

As your training volume and intensity increases, your foods and fluids become more important for training quality and recovery.

To maintain a consistent healthy eating plan you need to:

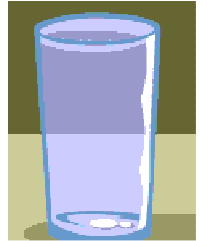
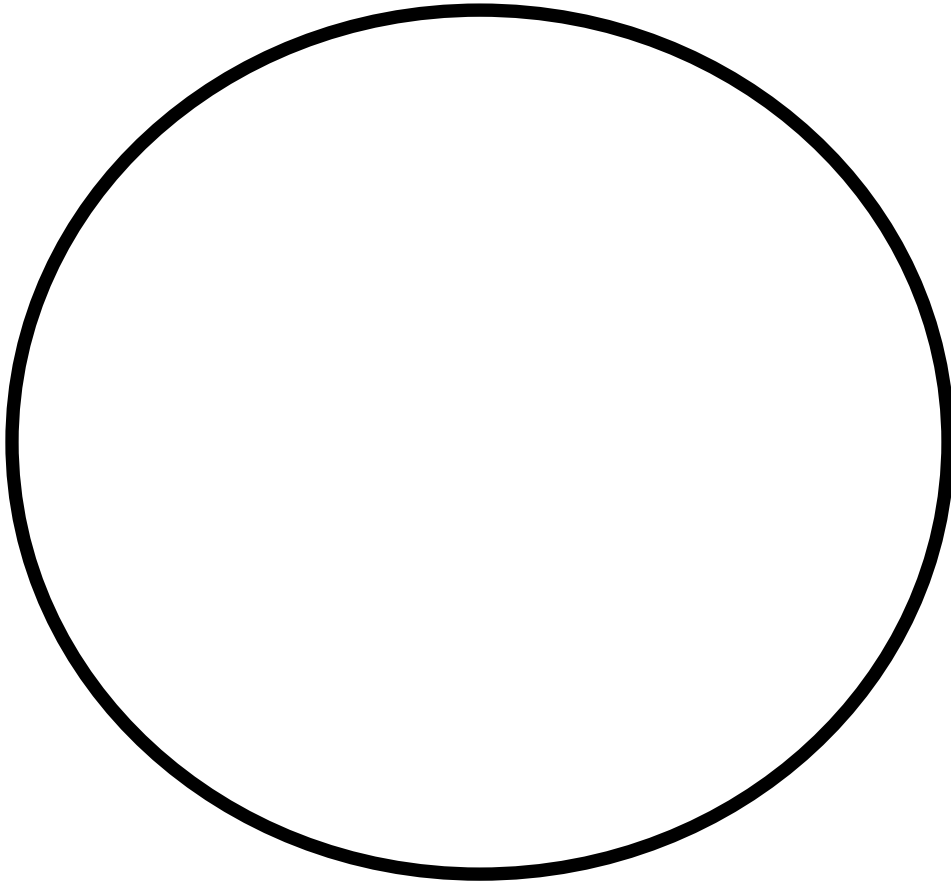
- Plan, plan, plan
- Eat every 3-4 hours
- Aim to eat 3 of the 4 food groups at your core meals (breakfast, lunch, dinner)
- Plan to eat one or two snacks per day that contains 2 of the 4 food groups
- Drink water with every meal and carry a water bottle with you wherever you go.
- 1-2 hours before training, eat a high-carbohydrate, low fat and moderate protein snack. An example snack is a Kashi granola bar, low fat yogurt and 2 cups of water.
- During training aim for 3-4 large gulps of water every 15-20 minutes
- Within an hour after training eat a snack or meal with carbohydrate and protein for recovery. Remember to rehydrate with 2-3 cups of water too! An example recovery meal is a chicken and vegetable wrap.

This week: make a winning plate at lunch and dinner. See below.





Did you have anything else with the meal? What was it?



Did you have a drink? What was it?

Using the plate above, try to draw one of your regular meals.  
What was on your plate? Try to draw actual serving sizes.

Eating every 3-4 hours is important for maintaining energy levels needed all day and for training. Try this timeline:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b> 8:00 am							
<b>Snack (optional)</b> 10 am							
<b>Lunch</b> 1 pm							
<b>Snack</b> 4 pm							
<b>Dinner</b> 6 pm							
Write in food eaten and time in each box Check in: Are you foods the Right Choices, Right Amounts? Remember water!							

Making healthy snacks for the week ahead can help with meal planning. Try these ideas and recipes:

- Stock up on easy to grab fruits, apples, bananas, oranges and pears for the week
- Pre cut veggie sticks and keep in fridge; peppers, broccoli, celery, fennel, carrots
- Pack snacks and lunch for the next day, place in a bag in the fridge to grab on the way out the door
- Set out parts of your breakfast the night before (I put all my blender ingredients in and stick the blender top in the freezer the night before)
- Stock your desk and car with water, granola bars, fruit, and other healthy snacks
- Cook a large batch of vegetarian chili, chicken breast, or quinoa salad for the week

Try these sample snack recipes:

### **Fruity Energy Bar**

12 servings

2 cups oats

$\frac{1}{2}$  cup wheat germ

$\frac{1}{2}$  cup diced apricot

$\frac{1}{2}$  cup raisins

$\frac{1}{4}$  cup sunflower seeds

$\frac{1}{2}$  tsp cinnamon

1 pinch salt

1 tbsp vegetable oil

$\frac{1}{2}$  cup brown sugar

$\frac{1}{2}$  cup liquid honey

1 egg, lightly beaten

$\frac{1}{2}$  tsp vanilla

221 calories, 4.8 g fat, 42 g carbohydrate, 6 g protein, 3.5 g fiber

Prep: Spray 9-inch square baking pan with oil. Mix dry and wet ingredients separately, then together. Spread and pat into pan. Bake 350 degrees for 20 minutes. Cool and cut

Hint: Use your favorite dried fruit, figs, dates dried cranberries, cherries or blueberries in place of the apricots and raisins.

### **Fruity Smoothie:**

1 serving

$\frac{1}{2}$  cup strawberries, unsweetened-frozen or fresh

$\frac{3}{4}$  cup low fat PLAIN yogurt

1 small banana

4 cubes ice

Water

245 calories, 45 g carbohydrate, 11 g protein, 3.5 g fat, 4.5 g fiber

Prep time 5 minutes

Hint: pack in a thermos and take with you.

For more quick healthy recipe ideas check out

<http://www.sportmedbc.com/recipesAll.php>

### *References:*

*Caron M., Gibson, J., Walking for Fitness: Fueling the Body. 78-80.*