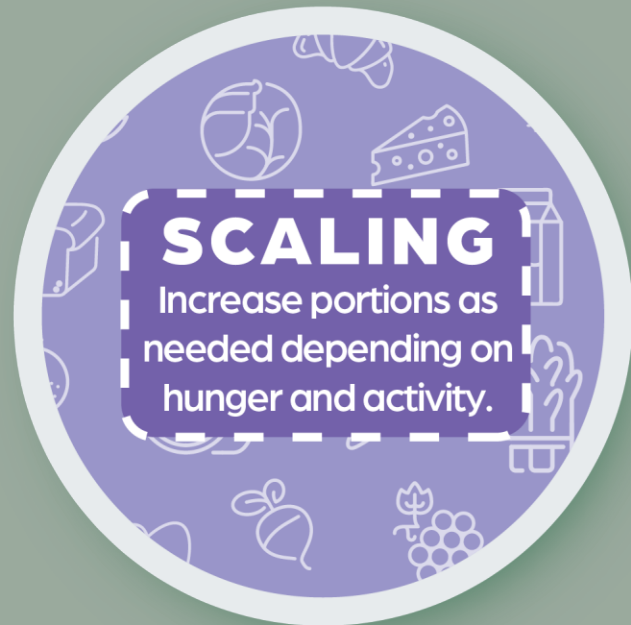


ATHLETE TRAINING PLATE: **LIGHT**



FATS

(1–2 Tablespoons)

- Avocado
- Oils
- Salad Dressing
- Nuts & Nut Butters
- Seeds
- Cheese
- Butter

Menu items are often prepared with fats, so some meals may not need additional fats added.

FLAVORS

- | | |
|-----------------|-------------|
| • Salt & Pepper | • Salsa |
| • Herbs | • Hot Sauce |
| • Spices | • Mustard |
| • Vinegar | • Ketchup |

DRINKS

- | | |
|-----------------|----------|
| • Water | • Juice |
| • Dairy Milk | • Coffee |
| • Nondairy Milk | • Tea |

ATHLETE TRAINING PLATE: **LIGHT**

If you have any dietary
or goal setting
questions, reach out to
one of our Dietitians!

**[parkhurstdietitian@
parkhurstdining.com](mailto:parkhurstdietitian@parkhurstdining.com)**



BUILDING YOUR BALANCED PLATE IN THE DINING HALL

Sample Breakfast

- 2 slices toast
- Scoop of scrambled eggs
- Berry bowl
- Fluid

Sample Lunch

- Turkey sandwich: 4-5 slices meat, 1 slice cheese, lettuce, tomato, mustard on whole grain bread
- Apple
- Bowl of roasted veggies
- Fluid

Sample Dinner

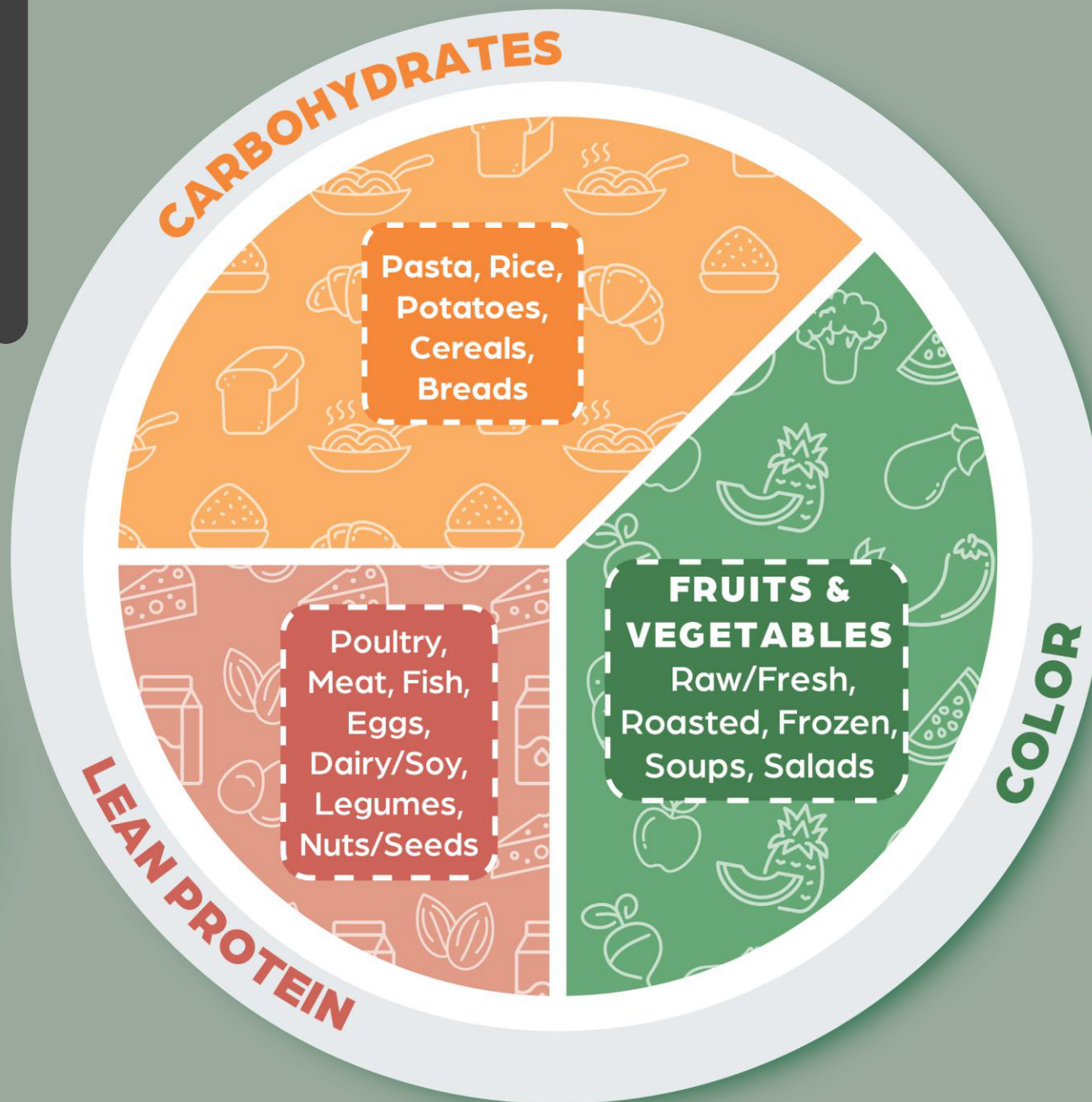
- Scoop pasta in a bowl w/ red sauce + cheese with
- Sliced chicken breast
- Side salad w/ veggies, dressing, +seeds
- Fluid

*Still hungry? Add on a bowl of fruit/veggies with protein

What is a "LIGHT DAY?"

Athletes taking several days away from any training
Physical movement of <45 minutes/ day with moderate intensity (can continue talking without getting out of breath)

ATHLETE TRAINING PLATE: **MODERATE**



FATS

(1-2 Tablespoons)

- Avocado
- Oils
- Salad Dressing
- Nuts & Nut Butters
- Seeds
- Cheese
- Butter

Menu items are often prepared with fats, so some meals may not need additional fats added.

FLAVORS

- Salt & Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Hot Sauce
- Mustard
- Ketchup

DRINKS

- Water
- Dairy Milk
- Nondairy Milk
- Juice
- Coffee
- Tea

ATHLETE TRAINING PLATE: **MODERATE**

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BUILDING YOUR MODERATE DAY PLATE IN THE DINING HALL

Sample Breakfast

- 2 slices toast
- 1-2 scoops scrambled eggs
- Bowl yogurt with granola and berries
- Banana
- Fluid

Sample Lunch

- Turkey sandwich: 5 slices meat, 1 slice cheese, lettuce, tomato, mustard on whole grain bread
- Bowl mixed fruit/ berries OR bowl of roasted veggies
- Bowl chicken noodle soup
- Fluid

Sample Dinner

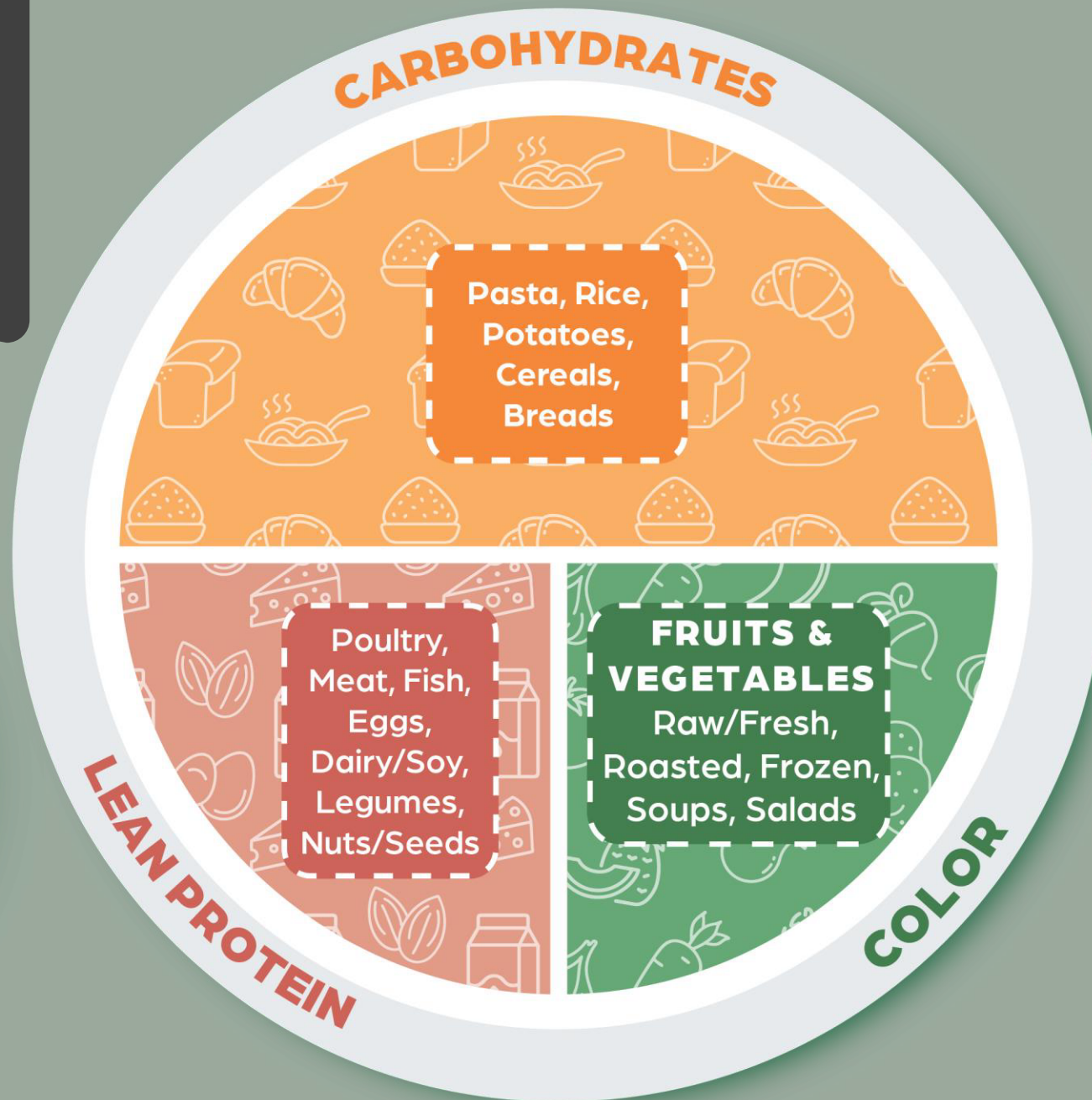
- 1.5 scoops pasta in a bowl w/ red sauce + cheese with
- Sliced chicken breast
- Bowl of mixed fruit
- Side salad w/ veggies, dressing, +seeds
- Fluid

*Still hungry? Add on a bowl of fruit/ veggies with protein

What is a "MODERATE DAY?"

Training 45-75 minutes/ day, most days of the week
Easy/ off practice day during season
Off-day but still training the day before and/or the day after

ATHLETE TRAINING PLATE: **HARD**



FATS

(1–2 Tablespoons)

- Avocado
- Oils
- Salad Dressing
- Nuts & Nut Butters
- Seeds
- Cheese
- Butter

Menu items are often prepared with fats, so some meals may not need additional fats added.

FLAVORS

- | | |
|-----------------|-------------|
| • Salt & Pepper | • Salsa |
| • Herbs | • Hot Sauce |
| • Spices | • Mustard |
| • Vinegar | • Ketchup |

DRINKS

- | | |
|-----------------|----------|
| • Water | • Juice |
| • Dairy Milk | • Coffee |
| • Nondairy Milk | • Tea |

ATHLETE TRAINING PLATE: **HARD**

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questions, ask one of
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BUILDING YOUR HARD DAY PLATE IN THE DINING HALL

Sample Breakfast

- Whole grain bagel
- 2 scoops scrambled eggs
- ¼ plate roasted potatoes
- Bowl yogurt + berries
- Banana
- Fluid

Sample Lunch

- Turkey sandwich: 5 slices meat, 1 slice cheese, lettuce, tomato, mustard on whole grain bread
- Bowl roasted veggies
- Apple
- Bowl chicken noodle soup
- Fluid

Sample Dinner

- 2 scoops pasta in a bowl w/ red sauce + cheese topped with
- Sliced chicken breast
- Bowl mixed fruit
- Side salad w/ veggies, dressing, +seeds
- Brownie
- Fluid

*Still hungry? Add on a bowl of fruit/ veggies with protein

What is a "HARD DAY?"

2-a-days; Practice + lift

Training sessions lasting 75-90+ minutes

Training more than 8 hours/ week

OR

Running 50+ miles/ week