

## MEAL PREP FOR BUSY ATHLETES

Finding the time to prepare nutrient dense healthy meals to fuel performance and recovery is a real challenge for any busy athlete. Below are my handy hints to help you choose the right foods to eat at the right time and how to have them at hand ready to go 😊

### PREPARATION

Choose one morning or afternoon a week to shop, wash, chop and bake. Decide which day works best for your schedule

Things you'll need: Storage containers, zip lock bags, insulated food carry bag for travel.

1. Go shopping: purchase lots of vegetables, salads, nuts and seeds and lean portions of protein (meat, fish, poultry).
2. Once home immediately chop the vegetables and fruit into bite size chunks and store in storage containers in the fridge. You may like to mix the vegetables and store as Stir Fry packs.
3. Slice the protein into individual portion sizes and place into zip locked bags. Store in the freezer. These can be diced or kept whole.
4. You may like to spend the morning or afternoon cooking a random assortment of meals such as pasta or rice dishes, roast vegetables. You can also cook grains such as rice and quinoa ahead of time to throw into salads and create grain bowls.
5. Place any meals cooked into individual serving size containers.

### QUICK & EASY

The idea is to be able to pull lunches from the freezer in the morning so they can be taken with you and dinners are cooked quickly at night in no time at all.



**Snacks:** These should follow the 40/40/20 rule of 40% Protein, 40% Carbohydrate and 20% natural fats. Prepare these ahead of time or pack your daily meals and snacks the night before. So you can grab and carry in the morning.

The following ideas are great healthy snacks for athletes on the go.

**Protein Shake with Banana & Peanut Butter**

Supercharge a typical fruit smoothie with a scoop of chocolate protein

**Protein Shake and PB&J Sandwich**

The perfect pre- or post-game option. This healthy snack will fuel you with fast-digesting carbs for quick energy and recovery.

**Protein Bar**

One of the simplest healthy snacks for athletes is a protein bar. Choose something that has a fat count less than 10g, 20-30g carbs and 20-30g protein.

**Hummus with Veggies & Pretzels**

Pair Hummus with some veggies such as snap peas or broccoli for added nutrients.

**Greek Yogurt & Fruit**

If you have that option of packing something that needs to keep cool, greek yogurt and fruit is another great option. Greek yogurt is higher in protein content than regular yogurt and contains important probiotic cultures for gut health.

**Rice Crisps & Protein Shake**

Rice Crisps paired with a protein shake is a simple and flavourful option

**Trail Mix**

Trail mix is a tried and true on-the-go option for athletes. When purchasing, try to stick with mixes that have all-natural ingredients with little to no added sugar.

**Apple or Pear & Peanut Butter with Protein Shake**

Another healthy staple is apples or Pears and peanut butter. Supercharge this healthy snack with a protein shake.

