



Athlete Meal Plan

📅 2024-11-19 👤 Embree Wellness 📍 Lauren T Embree

DAY 1

Pre-training	Plain Yogurt (Low Fat)	2 container (6 oz) (340 g)
pre workout should be 15g protein / 20g carbs 45-60 minutes before if exercise is 60-120 min- utes		
Post-training	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	2 serving (862 g)
post workout should be 30g protein + 50-75g carbohydrates if work- out was 60-120 min- utes		
Food Script 1	Pork, Green Peas and Carrots Wrap	2 serving (600 g)
After second prac- tice/training session		
35-55g protein + 50-75g carbs + 25-35g fat		
Snack	Egg Muffin Cups	1 serving (66 g)
15-25g protein here.		
Dinner	Lemon Basil Chicken Skewers with Bell Peppers and Onions	2 serving (816 g)

DAY 2

Pre-training	Banana and Walnuts Parfait	2 serving (370 g)
Post-training	Ground Beef Tortilla Wrap with Arugula	2 serving (318 g)
Food Script 1	Berry Yogurt Breakfast Smoothie	2 serving (736 g)
Snack	Protein Smoothie	1 serving (451 g)
Dinner	Air Fried Carrots, Cauliflower, and Ground Chicken with Quinoa	2 serving (1118 g)

DAY 3

Pre-training	Berry Yogurt Breakfast Smoothie	2 serving (736 g)
	Add 1 scoop protein powder (optional)	
Post-training	Creamy Savory Oatmeal Ground Chicken, and Spinach	2 serving (630 g)
Food Script 1	Mediterranean Tuna Lettuce Cups	2 serving (422 g)
Snack	Protein Balls	1 serving (0 g)
Dinner	Salmon, Quinoa, and Tomato Salad	2 serving (740 g)

	PRE-TRAINING	POST-TRAINING	FOOD SCRIPT 1	SNACK	DINNER
D A Y 1	Plain Yogurt (Low Fat)	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	Pork, Green Peas and Carrots Wrap	Egg Muffin Cups	Lemon Basil Chicken Skewers with Bell Peppers and Onions
D A Y 2	Banana and Walnuts Parfait	Ground Beef Tortilla Wrap with Arugula	Berry Yogurt Breakfast Smoothie	Protein Smoothie	Air Fried Carrots, Cauliflower, and Ground Chicken with Quinoa
D A Y 3	Berry Yogurt Breakfast Smoothie	Creamy Savory Oatmeal Ground Chicken, and Spinach	Mediterranean Tuna Lettuce Cups	Protein Balls	Salmon, Quinoa, and Tomato Salad

Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	7772.3	2590.8
Protein [g]	616.6	205.5
Fat [g]	289	96.3
Carbs [g]	709.8	236.6
Fiber [g]	147.5	49.2
Net Carbs [g]	562.3	187.4



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Pre-training	352.4	24.1	11.1	42.9	7.5	35.4
Post-training	658.8	42.9	27.3	64.5	17.9	46.6
Food Script 1	499.3	41.3	16.8	47.9	10.5	37.4
Snack	171.1	14	9.7	8.7	1.9	6.8
Dinner	909	83.2	31.4	72.5	11.4	61.1



Pre-training
Post-training Food
Script 1 Snack Din-
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Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	2571.3	233.1	96.8	225.3	64.1	161.2
Day 2	2840.4	211.2	100.4	290.7	49.1	241.6
Day 3	2260.6	172.2	91.8	193.9	34.3	159.6

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Sugars [g]	72.7			
Calcium, Ca [mg]	1730.2			
Iron, Fe [mg]	22.1			
Magnesium, Mg [mg]	721.1			
Phosphorus, P [mg]	2944			
Potassium, K [mg]	6101.1			
Sodium, Na [mg]	3628.5			
Zinc, Zn [mg]	20.1			
Vitamin A, RAE [ug]	1074.5			
Vitamin E [mg]	11.5			
Vitamin D [ug]	1.4			
Vitamin C [mg]	158.9			
Thiamin [mg]	2.6			
Riboflavin [mg]	3.2			
Niacin [mg]	61.9			
Vitamin B6 [mg]	6.1			
Vitamin B12 [ug]	9.6			
Vitamin K [ug]	252.2			

Egg Muffin Cups

🕒 25 min 🍽️ 12 servings

Per serving: 161 Kcal 8g Protein 14g Fat 1g Carbs

Ingredients

- **Spoonful of cottage cheese**, 1 dash (1 g)
- **Eggs**, 8 portion (350.2 g)
- **Goat cheese**, 1/2 cup (118.2 g)
- **Optional: add bacon**, 12 slices (264 g)
- **Bell pepper**, 1/3 cup (46.2 g)
- **Sea salt & pepper**, 12 serving (6 g)

Instructions

1. Preheat the oven to 350 degrees Fahrenheit. In a large bowl, whisk together the eggs and add in your desired mix-ins.
2. Grease the muffin tin.
3. Fill each muffin tin with the egg mixture.
4. Bake in the oven for 20-25 minutes, or until fully cooked. The egg cups should not jiggle when you wiggle the muffin tray.
5. Allow the egg cups to cool for a few minutes, then gently remove them from the tin and enjoy!

Protein Smoothie

🕒 5 min 🍹 1 serving

Per serving: 352 Kcal 34g Protein 15g Fat 26g Carbs

Ingredients

- **Avocado**, 1/4 avocado, ns as to florida or california (50.3 g)
- **Fruit**, 1/4 cup (59.2 g)
- **Almond butter**, 1 tsp (5 g)
- **Honey**, 1 tsp (7 g)
- **Almond milk**, 1 cup (250 g)
- **Greek yogurt**, 1/4 c (50 g)
- **Noble origins protein powder**, 1 scoop (30 g)

Instructions

1. BLEND AND ENJOY!

Protein Balls

🕒 1 min 🍽️ 1 serving

Per serving: 0 Kcal 0g Protein 0g Fat 0g Carbs

Ingredients

Instructions

¾ cup organic rolled oats

¼ cup almond butter

¼ cup pumpkin puree

1 scoop vanilla protein powder (use this protein and code LAURENEMBREE for a discount) ½ tsp flaxseed (ground)

½ teaspoon pumpkin pie spice 2 tsp of organic maple syrup Dash of cinnamon

1 tsp choc chips (optional)

Instructions:

1. Place all ingredients in bowl and mix thoroughly.
2. Use your hands to scoop dough into little protein balls
3. Store in air tight container in the fridge for a week.
4. Place in freezer for up to 6 weeks!

Mediterranean Tuna Lettuce Cups

🕒 15 min 🍽️ 2 servings

Per serving: 181 Kcal 17g Protein 11g Fat 5g Carbs

Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Cucumber**, 1/4 cup (32.1 g)
- **Bell pepper**, 1/4 cup (35.8 g)
- **Tuna**, 1 can (170 g)
- **Kalamata olives**, 1/4 cup (33.8 g)
- **Parsley**, 2 tablespoons (8 g)
- **Extra virgin olive oil**, 1 tablespoon (14 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Lettuce leaves**, 4 large (96 g)



Instructions

In a bowl, combine the drained tuna, diced cucumber, diced red bell pepper, diced Kalamata olives, chopped fresh parsley, lemon juice, and extra virgin olive oil.

Mix well to combine all the ingredients.

Season with salt and pepper to taste.

Place a spoonful of the tuna mixture onto each lettuce leaf.

Fold the lettuce leaf around the filling to create a lettuce cup.

Serve immediately and enjoy!

Creamy Savory Oatmeal Ground Chicken, and Spinach

🕒 20 min 🍽️ 2 servings

Per serving: 377 Kcal 27g Protein 18g Fat 29g Carbs

Ingredients

- Paprika, 1/2 teaspoon (1 g)
- Rolled oats, 1 cup (81.1 g)
- Olive oil, 2 teaspoons (8 g)
- Ground chicken, 1/2 lb (226.8 g)
- Almond milk, 1 cups (250 g)
- Spinach, 2 cups (60 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a medium saucepan, bring almond milk to a boil over medium heat.

Stir in rolled oats and reduce heat to low. Simmer for 5 minutes, stirring occasionally.

Meanwhile, heat olive oil in a separate skillet over medium-high heat.

Add ground chicken and cook until browned and cooked through, about 5-7 minutes.

Season the chicken with paprika, salt, and pepper.

Add chopped spinach to the skillet and cook until wilted, about 2-3 minutes.

Combine the cooked chicken and spinach mixture with the oatmeal in the saucepan.

Stir well to combine and cook for an additional 2-3 minutes to let the flavors meld.

Remove from heat and serve hot.

Air Fried Carrots, Cauliflower, and Ground Chicken with Quinoa

🕒 15 min 🍽️ 2 servings

Per serving: 581 Kcal 34g Protein 22g Fat 65g Carbs

Ingredients

- **Paprika**, 1 teaspoon (2 g)
- **Carrots**, 1 cup chopped (128 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Ground chicken**, 1/2 lb (226.8 g)
- **Water**, 2 cups (473.2 g)
- **Quinoa**, 1 cup (170 g)
- **Cauliflower florets**, 1 cup (100 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

Rinse the quinoa under cold water and drain well.

In a medium saucepan, bring the water to a boil. Add the quinoa and reduce heat to low. Cover and simmer for about 12-15 minutes until the quinoa is cooked and the water is absorbed. Fluff the quinoa with a fork and set aside.

Preheat the air fryer to 400°F (200°C).

In a mixing bowl, toss the diced carrots and cauliflower florets with olive oil, garlic powder, paprika, salt, and pepper.

Place the seasoned carrots and cauliflower in the air fryer basket. Cook for 5 minutes, then shake the basket to ensure even cooking. Add the ground chicken to the basket and cook for an additional 5-7 minutes, until the chicken is cooked through and the vegetables are crispy.

In a serving dish, combine the cooked quinoa with the air-fried crispy vegetables and ground chicken. Mix well to combine all the flavors.

Serve hot and enjoy!

Pork, Green Peas and Carrots Wrap

🕒 15 min 🍽️ 1 serving

Per serving: 384 Kcal 32g Protein 11g Fat 38g Carbs

Ingredients

- Salt, 1/4 tsp (1.5 g)
- Paprika, 1/4 teaspoon (0.5 g)
- Peas, 1/2 cup (72.5 g)
- Carrots, 1/2 cup chopped (64 g)
- Olive oil, 1 teaspoons (4 g)
- Tortilla, 1 piece (42 g)
- Pepper, 1/4 tsp (0.5 g)
- Garlic powder, 1/4 teaspoon (0.8 g)
- Pork Tenderloin, thinly sliced, 1/4 pound (114.3 g)



Instructions

In a small bowl, combine salt, black pepper, garlic powder, and paprika.

Season the thinly sliced pork with the spice mixture on both sides.

Heat olive oil in a skillet over medium heat.

Cook the pork for 6-8 minutes per side, or until cooked through.

Remove the cooked pork from the skillet and let it rest for a few minutes.

In the same skillet, add frozen green peas and diced carrots.

Cook for 3-4 minutes, or until the vegetables are tender.

Slice the cooked pork into thin strips.

Warm the whole wheat tortilla in the skillet for a few seconds on each side.

Place the sliced pork, green peas, and carrots on the tortilla.

Wrap the tortilla tightly, folding in the sides as you go.

Serve immediately and enjoy!

Lemon Basil Chicken Skewers with Bell Peppers and Onions

🕒 20 min 🍽️ 4 servings

Per serving: 394 Kcal 61g Protein 11g Fat 10g Carbs

Ingredients

- **Basil**, 1 small bunch (7.9 g)
- **Lemon juice**, 2 tablespoons (30 g)
- **Carrots**, 1 cup chopped (128 g)
- **Broccoli**, 1 cups (88 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 2 cloves (6 g)
- **Chicken breasts**, 5 small breast (1125 g)
- **Bell peppers**, 1 medium (120 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

In a bowl, combine olive oil, lemon juice, minced garlic, chopped basil, salt, and pepper. Mix well.

Add the chicken cubes to the marinade and toss to coat. Let it marinate for at least 10 minutes.

Preheat the grill or grill pan over medium-high heat.

Thread the marinated chicken, bell peppers, and onions onto skewers, alternating between the ingredients.

Grill the skewers for about 8-10 minutes, turning occasionally, until the chicken is cooked through and the vegetables are slightly charred.

Remove from the grill and let them rest for a few minutes.

Serve the lemon basil chicken skewers with steamed carrots and broccoli.

Enjoy!

Ground Beef Tortilla Wrap with Arugula

🕒 15 min 🍽️ 4 servings

Per serving: 241 Kcal 28g Protein 7g Fat 15g Carbs

Ingredients

- Olive oil, 1 teaspoons (4 g)
- Tortilla wraps, 4 tortilla medium (approx 6" dia) (120 g)
- salt, 1 pinch (2 g)
- lean ground beef, 16 oz (452 g)
- Arugula, 2 cup (56 g)



Instructions

In a large skillet, cook the ground beef over medium heat until browned and fully cooked.

Add salt to the cooked ground beef, and mix well to combine. You may add other herbs, spices or seasonings as desired.

Warm the tortilla wraps in a microwave or on a stovetop until soft and pliable.

Divide the cooked ground beef equally among the tortilla wraps, placing it in the center of each wrap.

Top each wrap with a handful of arugula.

Fold the sides of the tortilla wraps towards the center, then roll them up tightly to form a wrap.

Serve immediately and enjoy!

Berry Yogurt Breakfast Smoothie

🕒 10 min 🍽️ 2 servings

Per serving: 184 Kcal 13g Protein 3g Fat 29g Carbs

Ingredients

- Turmeric, 1/2 teaspoons (1.1 g)
- Banana, 1 medium (7" to 7-7/8" long) (118 g)
- Greek yogurt, 1 cup (206.8 g)
- Ginger powder, 1/2 teaspoons (1 g)
- Berries, 1 cups (155 g)
- Chia seeds, 1 teaspoon (4 g)
- Almond milk, 1 cup (250 g)



Instructions

Add all ingredients to a blender.

Blend until smooth and creamy.

Pour into glasses and serve immediately.

Salmon, Quinoa, and Tomato Salad

🕒 15 min 🍽️ 2 servings

Per serving: 388 Kcal 30g Protein 15g Fat 34g Carbs

Ingredients

- Olive oil, 2 tsp (9 g)
- Salmon, 2 fillet (226.8 g)
- Salt and pepper, 2 pinch (0.2 g)
- Quinoa, cooked, 1 1/2 cup (277.5 g)
- Tomato, Fresh, 1/2 pound (226.8 g)



Instructions

1. Cook quinoa according to package instructions.
2. While quinoa is cooking, season the salmon fillet with salt and pepper.
3. Heat olive oil in a non-stick skillet over medium-high heat.
4. Place the salmon fillet in the skillet and cook for 3-4 minutes on each side, or until cooked through.
5. Remove the salmon from the skillet and let it rest for a few minutes.
6. Meanwhile, slice the tomatoes.
7. In a large bowl, combine cooked quinoa, tomatoes, and a drizzle of olive oil.
8. Season with salt and pepper to taste.
9. Flake the cooked salmon into bite-sized pieces and add it to the quinoa and cucumber mixture.
10. Toss everything together gently until well combined.
11. Serve the salad immediately or refrigerate for later use.

Banana and Walnuts Parfait

🕒 10 min 🍽️ 2 servings

Per serving: 237 Kcal 15g Protein 11g Fat 24g Carbs

Ingredients

- Greek yogurt, 1 cup (206.8 g)
- Chia seeds, 2 tbsp (24 g)
- Walnuts, 2 tbsp (20 g)
- Banana, sliced, 1 medium (7" to 7-7/8" long) (118 g)



Instructions

In serving glasses or bowls, layer the yogurt, fresh fruits, chopped nuts, and chia seeds.

Repeat the layers until all ingredients are used, finishing with a sprinkle of nuts and chia seeds on top.

Serve immediately or refrigerate until ready to serve.

Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)

🕒 10 min 🍽️ 1 serving

Per serving: 369 Kcal 10g Protein 17g Fat 52g Carbs

Ingredients

- Cinnamon, 1 tsp (2.6 g)
- Chia seeds, 1/4 cup (42.5 g)
- Almond milk, 1 cup (250 g)
- Banana, sliced, 1 large (8" to 8-7/8" long) (136 g)



Instructions

In a bowl, mix together the sliced, chia seeds, almond milk, and cinnamon.

Stir well to combine all the ingredients.

Cover the bowl and refrigerate for at least 10 minutes or overnight to allow the chia seeds to absorb the liquid and thicken the mixture.

After the resting time, give the mixture a good stir to break up any clumps and evenly distribute the ingredients.

Serve the raw banana cinnamon and chia breakfast bowl chilled, and optionally, top with additional sliced banana, and a sprinkle of cinnamon.

Enjoy!

Shopping List

Dairy and Egg Products

- Plain Yogurt (Low Fat), 340 g
- Greek yogurt, 621.1 g
- Almond milk, 1500.1 g
- Spoonful of cottage cheese, 0.1 g
- Eggs, 29.4 g
- Goat cheese, 9.9 g
- Greek yogurt, 49.9 g

Nut and Seed Products

- Chia seeds, 117.1 g
- Almond butter, 5 g

Other

- Walnuts, 20.1 g
- Tortilla, 84 g

Fruits and Fruit Juices

- Banana, 626.3 g
- Berries, 310.1 g
- Lemon juice, 45 g
- Avocado, 50.2 g
- Fruit, 59.2 g

Spices and Herbs

- Turmeric, 2.3 g
- Ginger powder, 2 g
- Cinnamon, 5.2 g
- Salt, 4 g
- Paprika, 4 g
- Salt and pepper, 7.7 g
- Pepper, 1 g
- Garlic powder, 4.5 g
- Basil, 4 g

Fats and Oils

- Olive oil, 47.3 g
- Extra virgin olive oil, 14 g

Baked Products

- Tortilla wraps, 60.2 g

Beef Products

- lean ground beef, 226.7 g

Vegetables and Vegetable Products

- Arugula, 28.1 g
- Spinach, 60.1 g
- Peas, 145 g
- Carrots, 320 g
- Cucumber, 32.1 g
- Bell pepper, 39.7 g
- Parsley, 8 g
- Lettuce leaves, 96.1 g
- Broccoli, 44 g
- Onion, 55.1 g
- Garlic, 3 g
- Bell peppers, 60.1 g
- Cauliflower florets, 100 g
- Tomato, Fresh, 226.7 g

Breakfast Cereals

- Rolled oats, 81.2 g

Poultry Products

- Ground chicken, 453.9 g

Pork Products

- Pork Tenderloin, thinly sliced, 228.5 g
- Optional: add bacon, 22.2 g

Canned and Jarred

- Tuna, 170.2 g
- Kalamata olives, 33.8 g

Sweets

- Honey, 7 g

Health Foods

- Noble origins protein powder, 30 g

Meals, Entrees, and Side Dishes

- Chicken breasts, 563.1 g

Beverages

- Water, 473 g

Cereal Grains and Pasta

- Quinoa, 169.9 g
- Quinoa, cooked, 277.4 g

Finfish and Shellfish Products

- Salmon, 226.7 g