

			
		<b>Monday</b>	<b>Amount</b>
<b>Breakfast</b>			
	Powerful Protein	egg	2 each
	Colorfuel	sauteed spinach	1/4 cup
	Healthy Fat	avocado	4 tbsp
	Extra Fuel	whole wheat toast	1 slice
	Boost Your Fuel	sriracha	
	Hydrate	water	
<b>2 HOUR SWIM PRACTICE</b>		begin sports beverage after 1st hour of practice	
<b>Post Workout Snack</b>			
	Powerful Protein	greek yogurt	5.3 oz (1 individual container)
	Colorfuel	strawberries	1/2 cup
	Healthy Fat		
	Extra Fuel	granola	1/3 cup
	Boost Your Fuel		
	Hydrate	water	
<b>Lunch</b>			
	Powerful Protein	sliced turkey	5 oz
	Colorfuel	lettuce,tomato,	3 slices each
	Healthy Fat	avocado	2 tbsp
	Extra Fuel	whole wheat wrap	1
	Boost Your Fuel	mustard	1-2 tbsp
	Hydrate	water	
<b>Pre Workout Snack</b>		banana + pb&J	
	Powerful Protein	peanut butter	2 tbsp
	Colorfuel	banana	1 each
	Healthy Fat		
	Extra Fuel	whole wheat bread	2 slice
	Boost Your Fuel	jelly	1 tbsp
	Hydrate	water	
<b>1 HOUR LIFT WORKOUT</b>			
<b>Dinner</b>			
	Powerful Protein	chicken	5 oz
	Colorfuel	cooked broccoli	1 cup
	Healthy Fat		
	Extra Fuel	roasted sweet potato	1/2 cup
		brown rice	1/2 cup
	Boost Your Fuel	bbq sauce on chicken	