



# Day 1 / Kayaking Nutrition

Time	Food
Breakfast	1 whole wheat bagel, 2 scrambled eggs (seasoned to preference), 1 banana, 1 T peanut butter, water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 1 c whole grain cereal, 8 oz skim milk, 1 c blueberries, 1/8 c almonds (dry-roasted with salt)
Lunch	2 turkey sandwiches (4 slices whole wheat bread, 6 oz turkey breast, 2 slices cheese, sandwich vegetables, mustard), 1 c baby carrots, 1 apple, water
Afternoon snack	1 c whole grain granola bars, 6 oz low-fat Greek yogurt, 1 apple, 1/8 c almonds
Dinner	2 c brown rice, 9 oz rotisserie chicken breast, 1.5 c steamed green beans (all seasoned to preference), 1–2 tsp olive oil over green beans, 1 handful grapes, water

Nutrition plan specifically designed for Sam by registered dietitians at Athletes' Performance (a partner of EAS).



# Day 2 / Speed Skating Nutrition

Time	Food
Breakfast	2 packets instant oatmeal, 1 T almond butter (mixed in oatmeal), 3 oz ham, 12 oz 100% fruit juice
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 10–12 whole grain crackers, 1/2 c low-fat cottage cheese, 1 peach, 1/8 c pecans (dry-roasted with salt)
Lunch	2 c brown rice, 6 oz rotisserie chicken breast, 1 c steamed green beans (all seasoned to preference), 1–2 tsp olive oil (over green beans), 1 handful grapes, 1/8 c pecans, water
Afternoon snack	Myoplex® Strength shake, 1 banana, 1/4 c pecans
Dinner	1 baked sweet potato, 2 slices whole wheat bread, 9 oz grilled white fish with citrus fruit squeezed over fish, 1.5 c steamed asparagus, 1–2 tsp olive oil over asparagus, 1 c melon, water

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# Day 3 / Rugby Nutrition

Time	Food
Breakfast	1 whole wheat bagel, 2 hard-boiled eggs, 1 banana, 1 T peanut butter, water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 1 c whole grain cereal, 8 oz skim milk, 1–1.5 c strawberries, 1/8 c almonds
Lunch	1 baked sweet potato (seasoned with salt), 2 slices whole wheat bread, 6 oz grilled white fish with citrus fruit squeezed over fish, 1 c steamed asparagus, 1–2 tsp olive oil over asparagus, 1 c melon, 1/8 c pecans (dry-roasted with salt), water
Afternoon snack	2 whole grain granola bars, 6 oz low-fat Greek yogurt, 1 c blueberries, 1/8 c almonds
Dinner	4 corn tortillas, 1/2 c black beans, 9 oz grilled tenderloin steak, 1 c lettuce, 1/2 c peppers and onions, 1/2 c salsa, 3 T guacamole, 1 orange, water

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# Day 4 / Swimming Nutrition

Time	Food
Breakfast	2 packets whole grain hot cereal, 1 T almond butter (mixed in cereal), 3 oz ham, 12 oz 100% fruit juice
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Original, 10–12 whole grain crackers, 1/2 c low-fat cottage cheese, 1 peach, 1/8 c pecans (dry-roasted with salt)
Lunch	4 corn tortillas, 1/2 c black beans, 6 oz grilled tenderloin steak (seasoned to preference), 1 c lettuce, 1/2 c salsa, 3 T guacamole, 1 oz shredded cheese, 1 orange, water
Afternoon snack	Myoplex® Strength shake, 1 banana, 1/4 c almonds
Dinner	9 oz salmon, 1.5 c mixed salad greens, 1 baked potato or brown rice, 1 c sliced strawberries, water

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# Day 5 / Boxing Nutrition

Time	Food
Breakfast	1 whole wheat bagel, 2 scrambled eggs (seasoned to preference), 1 banana, 1 T peanut butter, water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 1 c whole grain cereal, 8 oz skim milk, 1–1.5 c strawberries, 1/8 c almonds (dry-roasted with salt)
Lunch	2 turkey sandwiches (4 slices whole wheat bread, 6 oz turkey breast, 2 slices cheese, sandwich vegetables, mustard), 1 c baby carrots, 1 apple, water
Afternoon snack	2 whole grain granola bars, 6 oz low-fat Greek yogurt, 1 c blueberries, 1/8 c pecans
Dinner	2 c brown rice, 9 oz grilled shrimp, 1.5 c stir-fry vegetables, 1–2 tsp olive oil over vegetables, 3/4 c pineapple chunks, water

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# Day 6 / Soccer Nutrition

Time	Food
Breakfast	2 packets instant oatmeal, 1 T almond butter (mixed in oatmeal), 3 oz ham, 12 oz 100% fruit juice
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Original, 10–12 whole grain crackers, 1/2 c low-fat cottage cheese, 1 peach, 1/8 c pecans (dry-roasted with salt)
Lunch	2 c brown rice, 6 oz grilled shrimp, 1 c stir-fry vegetables (all seasoned to preference), 1–2 tsp olive oil over vegetables, 3/4 c pineapple chunks, 1/8 c cashews (dry-roasted with salt), water
Afternoon snack	Myoplex® Strength shake, 1 banana, 1/4 c cashews (dry-roasted with salt)
Dinner	2 c mashed red potatoes, 9 oz pork chop, 1.5 c steamed asparagus (all seasoned to preference), 1–2 tsp olive oil over asparagus, 1 apple, water

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# Day 7 / Underwater Hockey Nutrition

Time	Food
Breakfast	1 whole wheat bagel, 2 hard-boiled eggs, 1 banana, 1 T peanut butter, water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 1 c whole grain cereal, 8 oz skim milk, 1–1.5 c strawberries, 1/8 c almonds (dry-roasted with salt)
Lunch	2 c mashed red potatoes, 6 oz pork chop, 1 c steamed asparagus (seasoned to preference), 1–2 tsp olive oil over asparagus, 1/8 c almonds (dry-roasted with salt), 1 apple, water
Afternoon snack	2 whole grain granola bars, 6 oz low-fat Greek yogurt, 1 c blueberries, 1/8 c pecans (dry-roasted with salt)
Dinner	2 c whole wheat pasta, 9 oz grilled chicken breast, 3 c spinach salad, 1 orange sliced over salad, 1–2 T salad dressing), water

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# Day 8 / Rowing Nutrition

Time	Food
Breakfast	4 whole grain frozen waffles with sugar-free syrup, 1 link chicken sausage, 1 c blueberries, 1/8 c pecans (dry-roasted with salt), water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 10–12 whole grain crackers, 1/2 c low-fat cottage cheese, 1 apple, 1/8 c pecans (dry-roasted with salt)
Lunch	2 c whole wheat pasta, 6 oz grilled chicken breast (seasoned to preference), 2 c spinach salad, 1 orange sliced over salad, 1–2 T salad dressing (look for dressings with olive oil as the first ingredient), 1 oz parmesan cheese, water
Afternoon snack	Myoplex® Strength shake, 1 banana, 1/4 c cashews
Dinner	2 fresh market sandwiches (2 slices whole grain bread, 2 slices chicken breast, 1 slice cheese, sandwich veggies), 1 handful grapes, water

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# Day 9 / Basketball Nutrition

Time	Food
Breakfast	1 hard-boiled egg, 2 c whole grain cereal, 4–6 oz skim milk, 12 oz 100% fruit juice, 1/8 c almonds (dry-roasted with salt)
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 1 c whole grain cereal, 8 oz skim milk, 1 apple, 1/8 c almonds (dry-roasted with salt)
Lunch	2 turkey sandwiches (4 slices whole wheat bread, 6 oz turkey breast, 2 slices cheese, sandwich vegetables, mustard), 1 c baby carrots, 1 orange, water
Afternoon snack	2 whole grain granola bars, 6 oz low-fat Greek yogurt, 1 c blueberries, 1/8 c pecans, Myoplex® Strength shake
Dinner	1 baked potato , 2 slices whole wheat bread, 9 oz salmon, 1.5 c green beans, 1–2 tsp olive oil over vegetables, 1–1.5 c strawberries, water

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# Day 10 / Tower Running Nutrition

Time	Food
Breakfast	1 hard-boiled egg, 2 c whole grain cereal, 4–6 oz skim milk, 12 oz 100% fruit juice, 1/8 c almonds
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 1 c whole grain cereal, 8 oz skim milk, 1 c blueberries, 1/8 c almonds
Lunch	2 turkey sandwiches (4 slices whole wheat bread, 6 oz turkey breast, 2 slices cheese, sandwich vegetables, mustard), 1 c baby carrots, 1 orange, water
Afternoon snack	2 whole grain granola bars, 6 oz low-fat Greek yogurt, 1 apple, 1/8 c cashews
Dinner	1 c black beans, 9 oz grilled pork tenderloin, 1.5 c asparagus, 1–2 tsp olive oil, 2 whole wheat dinner rolls, 1 apple, water

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# Day 11 / Sepak Takraw Nutrition

Time	Food
Breakfast	1 hard-boiled egg, 2 c whole grain cereal, 4–6 oz skim milk, 12 oz 100% fruit juice, 1/8 c almonds
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Original, 1 c whole grain cereal, 8 oz skim milk, 1–1.5 c strawberries, 1/8 c almonds (dry-roasted with salt)
Lunch	2 whole grain hamburger buns, 9 oz lean ground beef, 1/2 c lettuce, tomato, onion, pickle, mustard and ketchup to preference, 1 slice cheese, 2 c mixed green salad, 3 T low-fat ranch salad dressing, 1 c melon, water
Afternoon snack	2 whole grain granola bars, 6 oz low-fat Greek yogurt, 1 apple, 1/8 c cashews
Dinner	1 c corn, 9 oz grilled shrimp, 1.5 c mixed vegetables, 1–2 tsp olive oil over vegetables, 2 whole wheat dinner rolls, 1–1.5 c strawberries, water

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# Day 12 / Baseball Nutrition

Time	Food
Breakfast	4 whole grain frozen waffles with sugar-free syrup, 1 link chicken sausage, 1 c blueberries, 1/8 c pecans (dry-roasted with salt), water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 10–12 whole grain crackers, 1/2 c low-fat cottage cheese, 1 peach, 1/8 c pecans (dry-roasted with salt)
Lunch	1 c corn, 6 oz grilled shrimp, 1 c mixed vegetables, 1–2 tsp olive oil over vegetables, 2 whole wheat dinner rolls, 1–1.5 c strawberries, water
Afternoon snack	Myoplex® Strength shake, 1 banana, 1/4 c cashews
Dinner	2 whole wheat tortilla, 4 oz chopped chicken breast, 1/2 avocado, 1/2 c fresh salsa, 1/2 c black beans, water

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# Day 13 / Cyclo-cross Nutrition

Time	Food
Breakfast	2 packets whole grain hot cereal, 1 T almond butter (mixed in cereal), 3 oz ham, 12 oz 100% fruit juice
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Original, 10–12 whole grain crackers, 1/2 c low-fat cottage cheese, 1 peach, 1/8 c pecans (dry-roasted with salt)
Lunch	2 c brown rice, 6 oz rotisserie chicken breast, 1 c steamed green beans (all seasoned to preference), 1–2 tsp olive oil (over green beans), 1 handful grapes, 1/8 c pecans, water
Afternoon snack	Myoplex® Strength shake, 1 banana, 1/4 c pecans
Dinner	1 baked sweet potato, 2 slices whole wheat bread, 9 oz grilled white fish with citrus fruit squeezed over fish, 1.5 c steamed asparagus, 1–2 tsp olive oil over asparagus, 1 c melon, water

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# Day 14 / Speed Golf Nutrition

Time	Food
Breakfast	4 whole grain frozen waffles with sugar-free syrup, 1 link chicken sausage, 1 c blueberries, 1/8 c pecans (dry-roasted with salt), water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 10–12 whole grain crackers, 1/2 c low-fat cottage cheese, 1 peach, 1/8 c pecans (dry-roasted with salt)
Lunch	1 c black beans, 6 oz grilled pork tenderloin, 1.5 c asparagus (all seasoned to preference), 1–2 tsp olive oil, 2 whole wheat dinner rolls, 1 apple, 1 T peanut butter, water
Afternoon snack	Myoplex® Strength shake, 1 banana, 1/4 c cashews
Dinner	2 c brown rice, 9 oz chicken breast, 1.5 c green beans, 1–2 tsp olive oil over vegetables, 1 handful grapes, water

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# Day 15 / Sandboarding Nutrition

Time	Food
Breakfast	1 whole wheat bagel, 2 scrambled eggs, 1 banana, 1 T peanut butter, water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Original, 1 c cereal, skim milk, 1 c blueberries, 1/8 c almonds
Lunch	2 c brown rice, 6 oz grilled chicken, 1 c green beans, handful grapes, water
Afternoon snack	2 granola bars, 6 oz low-fat Greek yogurt, 1 apple, 1/8 c pecans
Dinner	1 baked sweet potato, 2 whole wheat dinner rolls, 9 oz grilled white fish, 1.5 c steamed asparagus, 1 c melon, water

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# Day 16 / Yoga Nutrition

Time	Food
Breakfast	2 packets instant oatmeal, 1 T almond butter (mixed in oatmeal), 3 oz ham, 12 oz 100% fruit juice
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Lite Bar, 10–12 whole grain crackers, 1/2 c low-fat cottage cheese, 1 peach, 1/8 c cashews
Lunch	1 baked sweet potato, 2 whole wheat dinner rolls, 9 oz grilled white fish, 1.5 c steamed asparagus, 1 c melon, water
Afternoon snack	1 banana, 1/4 c walnuts
Dinner	9 oz grilled pork tenderloin, 1.5 c spinach, 1 whole wheat dinner roll, 1–2 tsp olive oil, 1 apple, water

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# Day 17 / Firefighter Fitness Test Nutrition

Time	Food
Breakfast	4 whole grain frozen waffles with sugar-free syrup, 1 link chicken sausage, 1 c blueberries, 1/8 c pecans (dry-roasted with salt), water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, Pro Science Push®, 10–12 whole grain crackers, 1/2 c low-fat cottage cheese, 1 peach, 1/8 c pecans
Lunch	1 baked potato with 2 tsp butter, 2 slices whole wheat bread, 6 oz salmon, 1 c green beans, 1–2 tsp olive oil over vegetables, 1–1.5 c strawberries, 1/8 c pecans, water
Afternoon snack	Myoplex® Strength shake, 1 banana, 1/4 c cashews
Dinner	2 whole grain hamburger buns, 9 oz lean ground beef (96/4), 1/2 c lettuce, tomato, onion, pickle, mustard and ketchup to preference, 2 c mixed green salad, 3 T low-fat ranch salad dressing, 1 c melon, water

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# Day 18 / Adventure Riding Nutrition

Time	Food
Breakfast	2 packets whole grain hot cereal, 1 T almond butter (mixed in cereal), 3 oz ham, 12 oz 100% fruit juice
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Original, 10–12 whole grain crackers, 1/2 c low-fat cottage cheese, 1 peach, 1/8 c nuts
Lunch	4 corn tortillas, 1/2 c black beans, 6 oz grilled tenderloin steak, 1/2 c lettuce, 1/4 c peppers/onions, 1/2 c salsa, 3 T guacamole, 2 plums, water
Afternoon snack	Myoplex® Strength shake, 1 banana, 1/4 c walnuts
Dinner	1 c corn, 2 whole wheat dinner rolls, 9 oz grilled shrimp, 1.5 c mixed veggies, 1.5 c strawberries, water

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# Day 19 / Football Nutrition

Time	Food
Breakfast	1 whole wheat bagel, 2 hard-boiled eggs, 1 T peanut butter, water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, Myoplex® Lite bar, 1 c cereal, skim milk, 1 c blueberries, 1/8 c almonds
Lunch	1 c corn, 2 whole wheat dinner rolls, 9 oz grilled shrimp, 1.5 c mixed veggies, 1.5 c strawberries, water
Afternoon snack	Myoplex® Strength shake, 2 granola bars, 6 oz low-fat Greek yogurt, 1 apple, 1/8 c pecans
Dinner	1 c black beans, 2 whole wheat rolls, 9 oz grilled pork tenderloin, 1 c broccoli, 1 c mixed veggies, 2 plums, water

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# Day 20 / Volleyball Nutrition

Time	Food
Breakfast	2 packets instant oatmeal, 3 oz ham, 12 oz fruit juice, 1 T almond butter
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 10–12 whole grain crackers, 1/2 c low-fat cottage cheese, 1 peach, 1/8 c nuts
Lunch	1 c black beans, 2 whole wheat rolls, 9 oz grilled pork tenderloin, 1 c broccoli, 1 c mixed veggies, 2 plums, water
Afternoon snack	Myoplex® Strength shake, 1 banana, 1/4 c walnuts
Dinner	2 whole grain hamburger buns, 9 oz lean ground beef (96/4), 1/2 c lettuce, tomato, onion, pickle, mustard and ketchup to preference, 2 c mixed green salad, 3 T low-fat ranch salad dressing, 1 c melon, water

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# Day 21 / Rock Climbing Nutrition

Time	Food
Breakfast	1 whole wheat bagel, 2 scrambled eggs, 1 T peanut butter, water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Original, 1 c cereal, skim milk, 1 c blueberries, 1/8 c almonds
Lunch	2 turkey sandwiches (4 slices whole wheat bread, 6 oz turkey breast, 2 slices cheese, veggies), 1 c baby carrots, 1 handful grapes, water
Afternoon snack	2 granola bars, 6 oz low-fat Greek yogurt, 1 apple, 1/8 c pecans
Dinner	2 c brown rice, 9 oz grilled chicken breast, 1 c broccoli, 1 oz shredded cheddar, 1 handful grapes, water

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# Day 22 / Ultimate Nutrition

Time	Food
Breakfast	2 breakfast sandwiches (4 slices whole wheat bread, 2 eggs, 2 slices cheese), 12 oz grape juice
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Original, 1 c granola, 8 oz skim milk, 1 handful cherries, 1/8 c almonds
Lunch	2 c brown rice, 9 oz grilled chicken breast, 1 c broccoli, 1 oz shredded cheddar, 1 handful grapes, water
Afternoon snack	4 graham crackers, 1 T peanut butter, 1 medium string cheese, 1 apple
Dinner	2 c whole wheat pasta with tomato sauce, 9 oz grilled shrimp, 3 c mixed green salad, 1 c sliced strawberries, water

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# Day 23 / Jujitsu Nutrition

Time	Food
Breakfast	1 c granola, 8 oz skim milk, 1 banana, 1/8 c almonds, water
Pre-sport	Pro Science Armor®, Pro Science Push®, Myoplex® Original
Post-sport snack	Myoplex® Strength shake, 1 energy bar, 8 oz low-fat chocolate milk, 1 pear
Lunch	2 c whole wheat pasta with tomato sauce, 9 oz grilled shrimp, 3 c mixed green salad, 1 c sliced strawberries, water
Afternoon snack	Myoplex® Strength shake, 2 handfuls grapes, 1/4 c pistachios
Dinner	2 c mashed potatoes, 9 oz lean beef tenderloin, 1.5 c green beans, 1 c pineapple chunks, water

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# Day 24 / Rafting Nutrition

Time	Food
Breakfast	2 breakfast sandwiches (4 slices whole wheat bread, 2 eggs, 2 slices cheese), 12 oz grape juice
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Original, 1 c granola, 8 oz skim milk, 1 handful cherries, 1/8 c almonds
Lunch	2 c mashed potatoes, 9 oz lean beef tenderloin, 1.5 c green beans, 1 c pineapple chunks, water
Afternoon snack	4 graham crackers, 1 T peanut butter, 1 medium string cheese, 1 apple
Dinner	9 oz salmon, 3 c mixed green salad, 1 c sliced strawberries, water

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# Day 25 / Fencing Nutrition

Time	Food
Breakfast	1 c granola, 8 oz skim milk, 1 banana, 1/8 c almonds, water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 1 energy bar, 8 oz low-fat chocolate milk, 1 pear
Lunch	1 c lentil soup, 1 roast beef sandwich ( 2 slices whole wheat bread, 6 oz lean roast beef, sandwich vegetables, 1 slice cheese), 1–2 c baby carrots, 8 oz grape juice
Afternoon snack	Myoplex® Strength shake, 2 handfuls grapes, 1/4 c pistachios
Dinner	1 c corn, 9 oz grilled pork tenderloin, 1.5 c spinach, 1–2 tsp olive oil, 1/2 c applesauce, water

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# Day 26 / Mountain Biking Nutrition

Time	Food
Breakfast	2 breakfast sandwiches (4 slices whole wheat bread, 2 eggs, 2 slices cheese), 12 oz grape juice
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Original, 1 c granola, 8 oz skim milk, 1 handful cherries, 1/8 c almonds
Lunch	2 c corn, 9 oz grilled pork tenderloin, 1.5 c spinach, 1–2 tsp olive oil, 1/2 c applesauce, water
Afternoon snack	Myoplex® Strength shake, 4 graham crackers, 1 T peanut butter, 1 medium string cheese, 1 orange
Dinner	1 medium sweet potato, 2 small pieces corn bread, 9 oz salmon, 1.5 c broccoli, 1 oz cheese, water

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# Day 27 / Kiteboarding Nutrition

Time	Food
Breakfast	1 c granola, 8 oz skim milk, 1 banana, 1/8 c almonds, water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 1 energy bar, 8 oz low-fat chocolate milk, 1 pear
Lunch	1 medium sweet potato, 2 small pieces corn bread, 9 oz salmon, 1.5 c broccoli, 1 oz cheese, water
Afternoon snack	Myoplex® Strength shake, 2 handfuls grapes, 1/4 c pistachios
Dinner	2 c lima beans, 9 oz carved turkey breast, 1.5 c carrots, 1/2 c fresh fruit salad, water

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# Day 28 / Street Hockey Nutrition

Time	Food
Breakfast	2 packets instant oatmeal, 2 eggs, 1 c berries, 1 T peanut butter, 8 oz orange juice
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, 1 c granola, 8 oz skim milk, 1 handful cherries, 1/8 c almonds
Lunch	2 c lima beans, 9 oz carved turkey breast, 1.5 c carrots, 1/2 c fresh fruit salad, water
Afternoon snack	4 graham crackers, 1 T peanut butter, 1 medium string cheese, 1 orange
Dinner	1 baked potato, 9 oz salmon, 1.5 c mixed veggies, 1/2 c pineapple chunks, water

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# Day 29 / Surfing Nutrition

Time	Food
Breakfast	1 c granola, 8 oz skim milk, 1 banana, 1/8 c almonds, water
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Lite Bar, 1 energy bar, 8 oz low-fat chocolate milk, 1 pear
Lunch	1 c lentil soup, 1 roast beef sandwich ( 2 slices whole wheat bread, 6 oz lean roast beef, sandwich vegetables, 1 slice cheese), 1–2 c baby carrots, 8 oz grape juice
Afternoon snack	Myoplex® Strength shake, 2 handfuls grapes, 1/4 c pistachios
Dinner	2 c whole wheat pasta with tomato sauce, 9 oz grilled chicken breast, 3 c spinach salad, 2 T cranberries, water

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# Day 30 / Marathon Nutrition

Time	Food
Breakfast	2 packets instant oatmeal, 2 eggs, 1 c berries, 1 T peanut butter, 8 oz orange juice
Pre-sport	Pro Science Armor®, Pro Science Push®
Post-sport snack	Myoplex® Strength shake, Pro Science Armor®, 1 c granola, 8 oz skim milk, 1 handful cherries, 1/8 c almonds
Lunch	2 c whole wheat pasta with tomato sauce, 9 oz grilled chicken breast, 3 c spinach salad, 2 T cranberries, water
Afternoon snack	4 graham crackers, 1 T peanut butter, 1 medium string cheese, 1 orange
Dinner	Sushi!

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