



Performance Handbook

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Keep an eye out on the Marauder Strength and Conditioning social media pages for tips, recipes, and updates on nutrition.

(Click logos to find page)



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Daily Performance Checklist

- ___ Got 8 hours of sleep
- ___ Ate breakfast
- ___ Fueled midmorning/midafternoon/prebedtime
- ___ Ate Lunch
- ___ Ate dinner
- ___ Took a nap or at least rested with feet up for 20 minutes
- ___ Completed planned training (practice, lifting, conditioning, agility, recovery)
- ___ Hydrated adequately during training
- ___ Consumed post workout nutrition within ten minutes or ASAP
- ___ Reached adequate twenty-four-hour hydration
- ___ Total Out of 10

Fueling at a Glance

1. Include lean proteins, colorful fruits and vegetables, high-fiber carbs, and fit fats
2. Breakfast: Whole grains, oatmeal, fruit, eggs, almonds, avocado
- 3 Midmorning/midafternoon/prebedtime fuel: meal replacement bar or shake, sandwich, fruit, nuts, beef jerky
4. Lunch/dinner: lean meat, fish, veggies, fruit, whole grain bread, whole wheat pasta, brown rice

Hydration

*drink .5-1 ounce of fluid per pound per day.

*Should be primarily water and other calorie free beverages (avoid diet sodas, regular sodas, juices).

NUTRITIONAL GUIDELINES

1. Always eat breakfast.
2. Eat 4 – 7 meals per day.
3. Protein should be included in each meal. This should come from low fat sources such as chicken, fish, turkey, eggs, low-fat or fat free dairy, and lean beef.
4. A fruit and/or vegetable should be eaten each meal.
5. Eat every 2-3 hours.
6. Avoid high sugar products food or drink. This includes drinks such as Sunny-D or Kool-Aid and soda/pop as well as foods like cookies, candy and ice cream.
7. Water should be your main drink of choice.
8. Try to stay away from pre-prepared food whenever possible (fast food, pizza, frozen dinners).
9. Prepare food ahead of time if possible. This will help with last minute choices and prevent settling for whatever is available. Understand you are an athlete and not the average person.
10. Get color onto your plate in the form of vegetables and fruits
11. Bookend your workouts – pre and post! Your workout is not complete until you eat!

PRE-WORKOUT FUEL

PRE STRENGTH TRAINING FOOD OPTIONS:

- Sports Bar
- ½ Cup of Nuts + ½ Cup Raisins or Craisins
- 1 Cup Yogurt
- Small Bowl Cereal
- Peanut Butter and Jelly on Wheat Bread
- 16 oz. Chocolate Milk
- Small Deli Sandwich
- Grilled Cheese Sandwich
- 3 Eggs, 1 Oat Meal Packet
- Meal Replacement Shake

PRE PRACTICE FOOD OPTIONS:

- Gatorade
- Banana
- Juice + Fig Newton
- Sports Bar + Water
- Peanut Butter Crackers
- Apple
- Tortilla Chips + Salsa

RECOVERY/ POST-WORKOUT FUEL

SUPPLEMENT OPTIONS:

- Protein Shake
- Protein Powder mixed with Juice, Milk, Smoothie, or Sport Drink
- Sports/ Protein Bar and Fluids

“REAL FOOD” OPTIONS:

- Chocolate Milk
- Sandwich + Juice
- Yogurt + Granola Bar

OTHER NUTRITIONAL CONSIDERATIONS

Hydration

Since the human body is made up of 60% water it is very important to maintain water intake throughout the day so that the body can function properly; if exercising, this becomes even more important since water is being lost through sweat in high amounts. When water levels are too low it puts unnecessary stress on the body and can make exercising **more difficult**. This is because water has a huge impact in how the muscles contract, when this becomes hard for the body, then it is hard on the athlete as well. This will ultimately prevent muscle growth since the body, is struggling to do many basic functions that a well-hydrated body can handle.

When and How much

Before exertion 2 to 3 hours before: 16 ounces (about 1 water bottle)

15 minutes before: 8 ounces

During exertion: 4 ounces of fluid every 15 to 20 minutes (2 to 3 large gulps)

After exertion: 16 to 20 ounces of fluid for every pound lost
(1 to 1½ water bottles per pound lost)

Sports drinks hand should only be consumed when exercising for more then 60 minutes or if you as an athlete are a salty sweater. These types of drinks replenish electrolytes and carbohydrate reserves so that performance can be maintained.

Sleep

Getting 7-8 hours of sleep every night allows the body to fully recover from the previous day and get ready for the next. Cortisol is released when one is dehydrated and causes glycogen/ carbohydrates sources to be depleted. This puts an athlete at a disadvantage since their number one source of energy is low. Finally, an athlete's overall reaction time is slower and the power they can produce is extremely limited.

Alcohol Facts

Recent research has shown there is a significant difference in injury rates between drinkers and non-drinkers in athletic population in all sports. Those athletes who consumed alcohol at least once per week had a much higher injury rate (54.8%), more than double that of athletes who were nondrinkers (23.5%).

When alcohol is used while recovering from exercise, alcohol hinders the muscles' ability to replenish their energy stores, thus leading to increased recovery time and rehab after an injury.

Binge drinking worsens soft tissue injury. Soft tissue injury (muscle strains) management requires reducing blood flow to the area in order to contain the injury. Consuming alcohol has the opposite effect. It increases blood flow to the area, which is likely to extend recovery time following injury.

Negative effects of alcohol can last twenty-four hours after consumption. Reaction time, balance, coordination and speech are decreased for 12-24 hours after a few drinks. Strength and power are decreased for several days.

The hangover effect of alcohol consumption has been shown to reduce athletic performance by 11.4%.

The body of an alcohol user will have a strong tendency to store body fat and a very hard time gaining lean body mass and strength.

Alcohol has been shown to increase fat deposition, as the body prefers to use alcohol as a fuel source when consumed. If you eat high-fat foods when you are drinking alcohol, the fat in these foods is directed to storage as opposed to being used as a fuel source.

Testosterone is a hormone that is heavily involved with the muscle hypertrophy or the increase in size of a muscle induced by training programs, and long-term adaptation could be diminished or decreased by the introduction of alcohol during the hypertrophy phase.

Athletes should consider the time and level of their alcohol consumption. The practice of consuming alcohol, especially that of binge drinking, directly following a workout may hamper the potential testosterone-induced hypertrophic response.

Alcohol Reality

Eat before or while you are drinking- Eating carbohydrate-rich foods following exercise helps replenish muscle fuel stores. Furthermore, food in the stomach slows down the rate at which alcohol can be absorbed into the blood stream. Eating slows down your drinking pace and fills you up.

Pace yourself- space alcoholic drinks with non-alcoholic drinks. You could even start with water, juice or soft drink. You will drink much faster if you are thirsty, so having a non-alcoholic drink to quench your thirst before you start drinking is a good idea, particularly after playing a sport.

Drink slowly- Sip your drink, do not down it in gulps. Put your glass down between sips.

Keep yourself busy- If you are occupied you tend to drink less. Play pool, do not just sit and drink.

Make sure you rehydrate before you go to bed- One of the best ways to prevent a hangover is to make sure you drink water before you go to sleep. Drinking water throughout the evening is also a good idea.

SPORT NUTRITION

High intensity training programs geared towards maximizing strength, power, endurance and stamina make special demands on an athlete. Rigorous training sessions and competitive events serve to challenge and develop the capacity for maximum performance. Sports nutrition starts by sorting out sound advice from the many “fads” on the market today. Athletes have tried a multitude of ways to supplement their diets with health supplements and meal replacements (e.g. Creatine, Chromium, Metrex, and EAS) in an effort to maximize their performance.

Sports nutrition is *NOT* using health supplements and/or meal replacements. Sport Nutrition is using food to nourish the body during athletic activity (e.g. games, practice, and training). As an athletic department (Teams, Sports Medicine and Strength & Conditioning), we do not advocate and/ or support the use of health supplements and/or meal replacements. The greatest concern we have as a department is the lack of regulation and scientific support of effectiveness of these products. As a NCAA institution, we are subjected to random testing. Because of the questionable product ingredients, you put yourself at risk for failing these tests. Understanding what you eat will have the greatest effect on your athletic performance.

THE BOTTOM LINE

The average American diet consists of:

30% Carbohydrate

30% Protein

40% Fat

An athlete’s diet should be composed of:

60% Carbohydrate (40% or greater complex)

15% Protein

25% Fat

Unfortunately, most athletes fall into the first category. So, whether they are trying to gain or lose weight, the second ratio is fitting for either. The only thing that changes is the total amount of calories taken in. Nutrition is not that complicated but is usually presented in a confusing manner. Here is a way to simplify it: The food consumed falls into one of the three categories previously discussed – carbs, proteins and fats. Their caloric breakdown is as follows:

Each gram of carbohydrate =4 calories

Each gram of protein =4 calories

Each gram of fat =9 calories

CALORIES

Athletes often overlook the energy demands of daily training sessions. Total calories required are considerably increased for the training and competing athletes versus the average person but remember it should be done in the proper percent to the total daily intake.

If sufficient calories are not included in the diet, an athlete will lose too much weight, become fatigued more quickly and performance will diminish. These same symptoms will occur if a person tries too quickly to qualify for a certain weight class. If weight loss is desired, it should begin far in advance of the sport season, and be accomplished gradually.

CARBOHYDRATES

Athletes specifically need more carbs in their diet than the average person. They provide the primary source for fuel for exercising muscles. When a person eats carbohydrate in the form of sugars and starches, it is digested and circulates through the blood stream as glucose (a simple sugar). If the glucose is not used immediately for energy, it will go into storage as glycogen in the liver and muscles. When these glycogen stores are filled, the excess glucose is stored as fat. As exercise continues, and more energy is needed, glycogen breaks down to release the glucose as fuel for the muscles.

After a few hours of exercise, whether in training or competition, the glycogen stores become low or depleted and exhaustion can quickly occur. The best way to avoid this effect is to eat the right type of carbohydrate, in its complex state. This will allow you to build up your glycogen stores rather than convert glucose. Not only in the form of carb loading before competition, but in day to day life. Protein, fat, vitamins, or minerals cannot build up glycogen stores, ONLY carbs can.

Samples of complex carbohydrates:

Beans- brown, green, lentils

Bread- bagels, breads, muffins, rolls

Cereal (hot/cold)

Fruit- juice

Grains- Bulger cous-cous, kasha, millet, & rice

Noodles- macaroni, ramen, spaghetti

Pancakes- French toast and waffles

Snacks- crackers, pretzels, and popcorn

Vegetables- corn, juice, peas, potatoes, and yams

Samples of simple carbohydrates (avoid these):

Sugars, soft drinks

<100% juice, Kool-Aid

Candy, etc.

PROTEIN

The primary function of protein in the body is to build and repair tissue. It is easy to see why athletes once thought that more protein would mean greater muscle gain. We now know this is clearly not the case. Our bodies only utilize a

certain amount of protein. Since we have little capacity to store protein, any excess may be converted to fat if it is not burned.

The amount of protein needed is determined by body weight. Individual differences in metabolic rate must also be taken into account. Some nutritionists feel that high activity levels could also be a determinant, but this is still unclear. Therefore, this may simply mean an athlete does not need more protein, but more calories.

Average protein requirement:

0.8-1.5 grams per kilo of body weight

One kilogram equals 2.2 pounds. If we figure a 175-lbs. athlete's protein requirement to be at 1.5gm/kilo, his/her daily intake would be 120 gm's per day.

175lb. athlete = 120 grams of protein

2 cans of tuna = 80 grams of protein

1 chicken breast = 30 grams of protein

It is not difficult to consume more than the necessary amount of protein each day. Therefore, as previously stated, it is vital to intake plenty of carbohydrates.

FAT

In addition to adequate amounts of carbohydrate and protein, an athlete must also consume fat to complete a well-balanced, nutritionally adequate diet. Dietary fat is a concentrated source of calories in our diet. Some fat is necessary to provide essential fatty acids and to transport certain vitamins. Stored fat is used as an energy source during activities lasting at least 20-30 minutes in duration. However, large amounts (as in the average diet) can prove to be very detrimental, not only to one's appearance and health, but to athletic performance as well.

One thing to keep in mind about fat is that FAT IS FAT! No matter how one looks at it, fat will always be metabolized in the body the same way. There are

good fats (HDL) and bad fats (LDL) that can have a positive or negative effect to our longevity, but they each equal 9 calories per gram. This means margarine has the same caloric expenditure rate as butter! Do not be fooled by clever television ads that try to say that they are different.

Some interesting fat stats:

<u>ITEM</u>	<u>SERVING</u>	<u>FAT in GRAMS</u>
Baked potato	1 med. w/skin	0.1
Rice (brown)	½ cup	0.6
Raisin bran	½ cup	0.7
Cantaloupe	½ melon	0.7
Bagel	1 medium	1.0
Tuna in water	1 can	1.7
Spaghetti w/sauce	1 c. pasta with ½ c. sauce	2.5
Pancake	1 medium	3.2
Snickers	1 bar	3.2
Coffee cake	1 piece	7.0
Cheddar cheese	1 oz.	9.4
T-Bell bean burrito	1	10.8
Croissant	1 medium	12.0
Nature Valley Granola	½ cup	15.2
Avocado	1 medium	30.0
Qtr Pndr w/cheese	1	30.7
Whopper w/cheese	1	45.0
Wendy's Triple	1	68.8

WATER

Athletes often neglect water replacement. Just because an athlete is not thirsty does not mean that they are not dehydrated. Fluid loss is more rapid than most athletes realize and must be replaced ASAP! For competition, it is wise to be completely hydrated the day before an event as well as immediately before, during, and after. One pint of water lost in the body equals one pound of body weight lost. As little as a 2% water loss in the body can result in a 19% decrease in performance.

TIPS FOR SUMMER NUTRITION

- Whenever you grill, **grill in mass quantities**. Grill up a dozen chicken breast or a dozen hamburgers, throw a pork loin too... grill up everything, if the neighbor's cat walks by... grill it too. Get what I'm saying??? You won't have time to fire up the grill during the week, so when you do, prepare lots of food and store it in the fridge in Tupperware containers or zip lock bags. **Chicken breasts** can be microwaved and used in many ways including on sandwiches or cut up in strips and used in pitas, tortilla wraps or salads. Buy chicken breast in family packs, chicken is cheap, healthy and can be prepared many ways.
- If you do not have a **Sam's Club membership**, Wal-Mart is the next best place to grocery shop both economically and for good quality. Find a teammate that has a membership!
- Athletes trying to gain weight or even maintain weight do not buy a normal size cereal bowl- go extra-large or dog dish style. **Cereal** is a high quality, low cost item. In a tight financial situation, cereal is nutritious for lunch or dinner. Just avoid cereals with cartoon **characters** on the front. These are more than likely high in sugar. And sugar = fat.
- Athletes trying to gain weight should use a medium-sized family cooler, not a small personal cooler.
- This is not a cookbook or recipe book. When designing this nutrition manual, we wanted to help you prepare MEALS during the summer. Therefore, we've included

sample shopping lists, and meals to make. When planning meals think: Main Dish, a vegetable, a fruit, a bread, and a beverage.

- **Grocery Shopping:** When you go to the grocery store like everything else we do PREPARE! Have a plan of what you need, go through the refrigerator, freezer and cupboards to find out what you need, **make a list**. Keep a pen and paper in the kitchen to make a list or keep your **grocery list on your phone** so you can add to it when you think of things. No this isn't being anal this is PREPARING TO WIN, and it will also save you money. You should go grocery shopping **once a week** and be spending **\$45-\$75**. Fresh produce (bananas, berries, lettuce) and other refrigerated foods will quickly go bad after a week's time.
- Refer to page 56 for a Shopping Guide

FOOD CHOICES

GREEN CHOICES = Ideal choices within moderation

YELLOW CHOICES = Ok choices within moderation

RED CHOICES = Least ideal choices

PROTEINS

Green	Yellow	Red
Chicken Breast	2% milk	75% lean ground beef
Cod	85% lean ground beef	Bacon
Egg	Low-fat Cheese	Beef or Pork Ribs
90% Lean ground beef	Low-fat Pudding	Chicken with skin
Lean ground turkey	Ricotta Cheese	Fried Chicken
Low-fat Cottage Cheese	Skim Mozzarella	Fried Fish
Salmon	Trimmed steak or pork	Ham on bone
Skim Milk	Turkey Bacon or Sausage	Ice Cream
Skinless white turkey		Regular Cheese
Tilapia		Whole Eggs
Tuna (fresh)		Whole Milk
Tuna (canned)		
Yogurt from skim milk		

FATS

Green	Yellow	Red
Almonds	Natural Peanut Butter	Butter
Avocado		Candy
Olive Oil		Coconut Oils
Walnuts		Coffee Creamer
		Fried Foods
		Low-fat Mayo
		Ranch Dressing
		Whipping Cream
		Whole Milk

CARBOHYDRATES

Green	Yellow	Red
Acorn Squash	All-Bran Cereal	Baked Russet Potatoes
Black Beans	Apple	Candy
Butter Beans	Baked Beans	Cartoon Cereal
Broccoli	Banana	French Bread
Carrots	Brown Rice	French Fries
Cherries	Cheerios	Golden Grahams
Chick Peas	Cream of Wheat	Hash browns
Cucumbers	Fiber One Cereal	Mashed Potatoes
Egg Noodles	Grapes	Puffed Rice
Egg Plant	Green Peas	Refried Beans
Green Beans	Multi-Grain Bread	Sweetened Drinks
Kidney Beans	New Boiled Potatoes	White Bread
Lentils	Oat Bran	White Flour
Lettuce	Orange	White Rice
Mushroom	Pita Bread	
Nectarines	Raisins	
Whole Oatmeal	Rye Bread	
Onions	Special K Cereal	
Pears	Sweet Corn	
Plums	Sweet Potato	
Spinach	Tortillas	
Split Peas	Unsweetened Fruit Juice	
Summer Squash	Whole Grain Bread	
Yam	Whole Wheat Flour	
	Whole Wheat Pasta	

Things to remember:

1. Incorporate fruits and vegetables when choosing carbohydrates. Put color on your plate!

Fresh produce is best.

CALORIC INTAKE

ESTIMATED DAILY CALORIC NEEDS FOR MALE AND FEMALE ATHLETES BY ACTIVITY LEVEL:

Activity Level	Male		Female	
	Kcal/lb	Kcal/kg	Kcal/lb	Kcal/kg
Light	17	38	16	35
Moderate	19	41	17	37
Heavy	23	50	20	44

Light activity level: Walking on a level surface at 2.5 to 3.0 miles per hour (4.0 to 4.8 km/h), garage work, carpentry, restaurant trades, housecleaning, child care, golf, sailing, table tennis.

Moderate activity level: Walking 3.5 to 4.0 miles per hour (5.6 to 6.4 km/h), weeding and hoeing, cycling, skiing, tennis, dancing.

Heavy activity level: Walking with load uphill, heavy manual digging, basketball, climbing, football, soccer.

ESTIMATED DAILY CALORIC INTAKE IN RELATION TO CURRENT BODY WEIGHT BASED ON GOALS

Weight (lb.)	Reduce (kcal)	Maintain (kcal)	Increase (kcal)
100	1,535	2,035	2,535
110	1,740	2,240	2,740
120	1,940	2,440	2,940
130	2,145	2,645	3,145
140	2,350	2,850	3,350
150	2,555	3,055	3,555
160	2,755	3,255	3,755
170	2,960	3,460	3,960
180	3,165	3,665	4,165
190	3,365	3,865	4,365
200	3,570	4,070	4,570
220	3,975	4,475	4,975
230	4,180	4,680	5,180
240	4,385	4,885	5,385

250	4,590	5,090	5,590
260	4,790	5,290	5,790
270	4,995	5,495	5,995
280	5,200	5,700	6,200
290	5,400	5,900	6,400
300	5,605	6,105	6,605
310	5,810	6,310	6,810
320	6,010	6,510	7,010

MACRONUTRIENT BREAKDOWN

FOR ENDURANCE ATHLETES:

Macronutrient	% of Calories/ day	Grams/lb of bodyweight/ day	Grams/kg of bodyweight/ day
Carbohydrates	55-65%	1.3-2.2	3-5
Proteins	15-20%	.7-1	1.5-2.5
Fats	25-30%	.5-.7	1-1.5

FOR POWER/ STRENGTH ATHLETES:

Macronutrient	% of Calories/ day	Grams/lb of bodyweight/ day	Grams/kg of bodyweight/ day
Carbohydrates	40-55%	1.3-2.2	3-5
Proteins	20-30%	.8-1.5	1.8-3.3
Fats	20-30%	.5-.7	1-1.5

**EXAMPLE OF ESTIMATED DAILY ENERGY INTAKE IN
RELATION TO CALORIE INTAKE**

Caloric Intake	Carb (60%)	Fat (25%)	Protein (15%)
2000	300	55	75
2500	375	70	95
3000	450	85	115
3500	525	95	130
4000	600	110	150
4500	675	125	170
5000	750	140	190
5500	825	155	205
6000	900	165	225
6500	975	180	245
7000	1050	195	265

ADJUSTING BODYWEIGHT

SUGGESTIONS TO INCREASE MUSCLE MASS

BEHAVIOR MODIFICATION

1. Eat **larger portions** at meals.
2. Eat **more meals** each day.
3. Eat nutritious **snacks between meals**.
4. Realistically, you can gain about 1 or 2 pounds in a week if you **consume 500-1000 calories extra every day**.
5. Eat daily servings from the four basic food groups:
 - a. Grain products - 4 servings
 - b. Fruits and vegetable - 4 servings
 - c. Dairy products - 3 servings
 - d. Meat, poultry and fish - 2 servings
6. Have **snacks between meals** that are high calorie and also rich in nutrients such as nuts, dried fruits, shakes & malts, cheese, sandwiches, and pizza.
7. **NEVER, EVER MISS BREAKFAST**
8. Keep regular hours with plenty **rest**.

* note that with 8 servings coming from grain products and fruits & vegetables allows for increase in calorie intake to come from carbohydrates.

"The MAGIC FOODS"					
FOODS THAT HAVE THE MOST CALORIES PER SERVING					
Low Calorie Food			Higher Calorie Alternative		
8 oz orange juice	110 cal	→	8 oz Cranberry Juice	170 cal	
1.5 cups Bran Flakes	200 cal	→	1.5 cups Granola	780 cal	
Apple	130 cal	→	Banana	170 cal	
1 cup Green Beans	40 cal	→	1 cup Corn	140 cal	
1 cup Vegetable Soup	80 cal	→	1 cup Split Pea Soup	130 cal	
1 cup Rice	190 cal	→	1 cup Baked Beans	260 cal	

FOODS TO EAT, & PREPERATION

Hot Cereal

Cooking with milk, instead of water, adds more calories.

Add still more calories with mix-ins such as powdered milk, margarine, peanut butter, walnuts, sunflower seeds, wheat germ or fruit (ie strawberries, bananas).

Juices

Apple, cranberry, cranapple, grape, pineapple, and apricot havemore calories than grapfruit, orange, or or tomato juice. To increase the caloric value of frozen orange juice, add less water than directions indicate.

Fruit

Bananas, pineapples, raisins, dates,dried apricots,and other dried fruits contain more calories than watery fruits such as grapefruit, plums, and peaches.

Milk

To boost the caloric value of milk, add 1/4 cup powdered milk to 1 cup of 2% milk.

Try malt powder, ovaltine, Carantion Instant Breakfast, Nestle's Quick, and other flavorings. Mix these up by the quart to have them waiting for you.

Toast

Spread with generous amounts of peanut butter, margarine, and jam or honey.

Sandwiches

Select hearty, dense breads such as sprouted wheat, honey bran, rye and pumpernickel-the bigger and thicker sliced the better! Peanut butter and jelly make an inexpensive, healthful, and high-calorie choice.

Soups

Hearty lentil, split pea, minestrone, and barley soups have more calories than brothy chicken and beef types unless the broth is full of lots of vegetables and meat.

Cold Cereal

Choose dense cereals (as opposed to flaked and puffed types), such as granola, muesli, Grape-nuts, and Wheat Chex. Top with nuts, sunflower seeds, raisins, banana, and other fruits.

Desserts

Try oatmeal-rasin cookies, Fig Newtons, rice pudding, chocolate pudding, stewed fruit compotes, pumpkin pie, carrot cake. Blueberry muffins, corn bread with honey, banana bread, and other sweet breads can double as dessert.

Snacks

A substantial afternoon or evening snack is an excellent way to boost your calorie intake. If you don't feel hungry, just think of the food as the weight-gain medicine that you have to take.

Some healthful snack choices include fruit yogurt, cheese and crackers, peanuts, sunflower seeds, almonds, granola, pretzels, English muffins, bagels, bran muffins, pizza, peanut butter crackers, milk shakes, instant breakfast drinks, hot cocoa,bananas, dried fruits, and sandwiches.

Vegetables

Peas, corn, carrots,winter squash, and beets have more calories than green beans, broccoli, summer squash and other watery vegetables.

Salads

What may start out being low calorie lettuce can be quickly converted into a substantial meal by adding cheese, garbanzo beans, sunflower seeds, assorted vegetables, chopped walnuts, tuna fish, lean meat, croutons, and a liberal dousing of salad dressing made heart healthy oils, such as olive or corn.

Potatoes

Add generous amounts of margarine and extra powdered milk to mashed potatoes.

WEIGHT GAIN SAMPLE DIETS

* Estimated daily calorie intake in relation to current body weight:

WEIGHT OBJECTIVES

<u>Current Body Weight</u>	<u>Reduce</u>	<u>Maintain</u>	<u>Increase</u>
120	1530	2280	3030
130	1720	2470	3220
140	1910	2660	3410
150	2100	2850	3600
160	2,290	3,040	3790
170	2480	3230	3980
180	2670	3420	4170
190	2860	3610	4360
200	3050	3080	4550
210	3240	3990	4740
220	3430	4180	4930
230	3620	4370	5120
240	3810	4560	5310
250	4000	4750	5500
260	4190	4940	5690
270	4380	5130	5880
280	4570	5320	6070
290	4760	5510	6260
300	4950	5700	6450

3550 calories

Breakfast

2 Cups: Kelloggs's Apple Cinnamon Squares Cereal
 1.5 cups: Skim Milk
 1 large apple with peel

Lunch

2 Peanut Butter and Jelly Sandwich (wheat)
 2 whole carrots (raw)
 1 cup Country time lemonade
 1 cup : 1% fat cottage cheese

Dinner

8 oz beef sirloin steak fried
 1 cup: corn canned
 1 cup: Baked Beans
 2 cups: Skim Milk
 2 cups: Healthy Choice Ice Cream

3084 calories

Breakfast

2 Scrambled Eggs
 1 cup Oatmeal
 1/4 cup Raisins

Lunch

8 oz turkey light
 1 piece lettuce
 1/4 tomato
 1 tsp mustard
 6.5" pita bread
 8 oz lowfat yogurt w/ fruit
 2 cups Beef Noodle Soup
 12 oz fruit punch drink

Dinner

7 oz ham-lean-roasted
 1 cup: collard greens
 1 cup: corn meal cooked
 1 cup: black eyed peas
 1 cup: wild rice
 1 cup carrots-fresh
 12 oz water

Snacks

4 fig bars
 1 Banana

2089 calories

Breakfast

1/4 cup grape nuts cereal
 6 oz skim milk
 2 dices whole wheat
 2 pats margarine
 1/2 cantaloupe

Lunch

3 corn tortillas
 3 oz ground beef-lean
 1/4 cup lettuce
 1 tomato
 1/4 cup onion
 1 1/2 cup spanish rice
 12 oz rootbeer

Dinner

4oz scallops-
 steamed
 2 whole wheat rolls
 1 cup broccoli
 cooked
 1 baked potato
 1 ear
 corn
 12 oz
 tea

Snack

2 oz lite-line cheese
 30
 grapes

SUGGESTIONS TO REDUCE BODY FAT

BEHAVIOR MODIFICATION

1. **Diets don't work. If any one diet worked, there wouldn't be any fat people. A lifestyle of exercise and a balanced diet are the key to maintaining a good muscle-to-fat ratio.**
2. Reduce the total number of calories eaten by **eating smaller portions** at meals.
3. **Do not skip meals.** This will only slow your metabolism down and make it more difficult to lose fat.
4. Reduce the total number of calories eaten by **eliminating snacks.**
5. **Eliminate eating late at night;** because you will be inactive these calories will only be stored as fat.
6. A large person can successfully lose approximately **2-3 pounds of fat per week.** If you lose weight any faster than that, you may begin to lose muscle, as well as strength. **Losing fat needs to be a slow, gradual process.**
7. For each **pound of fat** you want to lose, you have to eliminate **3500 calories.** You should do this with a combination of diet and exercise.

8. The fastest and perhaps the easiest way to lose weight is with a combination of diet and exercise. If you

eat 500 calories less and exercise 500 calories more, you could burn up 1000 calories per day. At this rate, you could **lose two pounds in a week**.

9. Drink 4-6 eight ounce glasses of water a day.

10. Omit or limit alcohol consumption.

11. Read labels when shopping. Low fat does not always mean low or no fat. Look for nonfat or fat free.

FOODS TO EAT, FOODS TO AVOID, & PREPERATION

MEATS

Buy lean cuts of red meats (flank steak, venison and diet lean hamburger)

Keep servings to moderate size (4-6 oz)

Only consume red meat once or twice a week

For lunch meats use turkey, chicken, tuna (no oil), and 96% fat free ham and turkey ham.

Don't fry meats: bake, broil, boil, grill, poach, steam and barbecue/grill

CHICKEN AND FISH

Remove skin from chicken before cooking and grill or bake. Do not fry.

Use white meat (breast) instead of dark meat (legs and thighs)

DAIRY PRODUCTS

Use nonfat milk instead of whole, 2%, and 1%.

Use kraft fat free cheese instead of regular cheddar cheese

Use egg whites and nonfat egg beaters instead of egg yolks

Use nonfat yougurt instead of regular yogurt

CONDIMENTS, FATS, AND OILS

Avoid the use of oils and products packed in oil (I.e. tuna)

Use Kraft fat free mayonnaise and miracle whip instea of regular or light

Use Kraft fate free salad dressings instead of regular or low fat

For stir frying or sauteing use water, chicken or beef broth instead of oil.

LOWERING FAT INTAKE WHEN DINING OUT

BREAKFASTS

Avoid breakfasts meats (sausage, bacon, ham).

Better choices are pancakes, waffles, or french toast.

Hot or cold cereals are excellent

Wheat toast with jam or jelly

Bran or english muffins

Fruit plate with toast or muffins

LUNCH & DINNER

Choose grilled or baked chicken or fish

Baked potatoes instead of fries

Avoid creamed soups

Have bread it will help fill you up

ITALIAN FOOD

Pasta is a good choice; stay with meatless red sauce or red clam sauce and avoid white sauce.

Avoid entrees with cheese on or in them

Pizza is okay: order thick crust, extra sauce, light on the cheese. Acceptable toppings: Canadian bacon, any vegetables (except olives), pineapple

MEXICAN FOOD

Chicken fajitas are a good choice; use salsa instead of guacamole or sour cream

Any grilled chicken or fish entrée, served with steamed flour tortillas.

Stay away from cream sauces and cheese

Do not order deep fried entrees

Chicken taco salads are good with non fat dressing

CHINESE FOOD

Stay with stir-fried entrees; no oil or MSG

Avoid deep fat fried entrees

Order Steamed Rice instead of Fried Rice

SALAD BARS

Use non fat or low cal dressings

Avoid fatty lunch meats, cheese, olives, eggs, sunflower seeds, potato salad and other prepared salads, fruit

with whip cream

FAST FOODS

Order grilled chicken sandwiches instead of hamburgers (no mayo or butter) barbeque sauce is okay

Stay away from breaded or deep fried chicken or fish

Fast food Teriaki Restaurants serve great marinated chicken and rice.

Chicken curry and rice

Baked chicken (no skin) and rice

Chicken pineapple

Vegetable kabobs and rice

SAMPLE DIETS

* Estimated daily calorie intake in relation to current body weight:

WEIGHT OBJECTIVES

<u>Current Body Weight</u>	<u>Reduce</u>	<u>Maintain</u>	<u>Increase</u>
120	1530	2280	3030
130	1720	2470	3220
140	1910	2660	3410
150	2100	2850	3600
160	2,290	3,040	3790
170	2480	3230	3980
180	2670	3420	4170
190	2860	3610	4360
200	3050	3080	4550
210	3240	3990	4740
220	3430	4180	4930
230	3620	4370	5120
240	3810	4560	5310
250	4000	4750	5500
260	4190	4940	5690
270	4380	5130	5880
280	4570	5320	6070
290	4760	5510	6260
300	4950	5700	6450

3550 calories

Breakfast

2 Cups: Kelloggs's Apple Cinnamon Squares
Cereal

1.5 cups: Skim Milk

1 large apple with peel

Lunch

2 Peanut Butter and Jelly Sandwich (wheat)

2 whole carrots (raw)

1 cup Country time lemonade

1 cup : 1% fat cottage cheese

Dinner

8 oz beef sirloin steak fried

1 cup: corn canned

1 cup: Baked Beans

2 cups: Skim Milk

2 cups: Healthy Choice Ice Cream

1200 calories

Breakfast

1 Raisin Bagel
 1 Tbl. Jam
 1/2 med Grapefruit
 6oz Skim Milk

Lunch

2 cups Tossed Salad
 3 oz Tuna-Chunk light
 6 Crackers-wheat
 1/2 cup Applesauce-Unsweetened
 1 Plum
 12 oz Water

Dinner

2.5 oz Lamb Chop-broiled
 1 cup Cauliflower-cooked
 1/2 cup Mashed Potatoes
 1 ear Corn
 6oz Skim Milk

Snacks

1/2 oz Sunflower Seeds
 10 Cherries

3084 calories

Breakfast

2 Scrambled Eggs
 1 cup Oatmeal
 1/4 cup Raisins

Lunch

8 oz turkey light
 1 piece lettuce
 1/4 tomato
 1 tsp mustard
 6.5" pita bread
 8 oz lowfat yogurt w/ fruit
 2 cups Beef Noodle Soup
 12 oz fruit punch drink

Dinner

7 oz ham-lean-roasted
 1 cup: collard greens
 1 cup: corn meal cooked
 1 cup: black eyed peas
 1 cup: wild rice
 1 cup carrots-fresh
 12 oz water

Snacks

4 fig bars
 1 Banana

QUESTIONS REGARDING NUTRITION AND ATHLETES

1. Are large amounts of protein essential to an athlete?

For athletes who want to gain muscle mass there is no evidence that protein supplementation to the diet is necessary. When the diet is balanced, there is enough energy for intense training and protein growth and repair. The National Research Council on Nutrition has stated that 1.5 gm/day of protein per 2.2 pounds of body weight is sufficient for athletes. High levels of dietary protein will accumulate body fat, increase urinary water loss causing water imbalance and muscle cramping.

2. Are vitamin and mineral supplements necessary?

Increased food consumption ensures adequate intake of those vitamins and minerals that are depleted during strenuous exercise. Again, food is the important factor. If the food intake is not adequate, energy storage in the muscle will not be 100%. Regardless of excess vitamins, there first must be fuel to start the process of energy release for exercise.

3. What is the best way to gain body weight?

The key to weight gain is eating. Realistically, an athlete should only gain 1 pound per week. For an athlete to only gain one pound per week they need to take in 500 calories per day over what it takes to maintain their present weight. Sometimes it is hard to add 500 calories a day to their diet. There are many things they can do; studies show that about half of all athletes do not eat breakfast. Therefore, if they eat breakfast they will gain weight. If they eat breakfast and still have a hard time adding calories, then do “food adding.” Food adding is putting extras on food they already eat, like putting bananas on cereal or spreading peanut butter on toast.

4. What is the best way to reduce body weight?

The opposite applies here in reducing body weight. They want to decrease their caloric intake by 500 calories per day. This will enable them to lose one pound per week, which is no more or less than they should. The first key to losing weight is eating regularly.

Make sure they are eating breakfast, lunch, and dinner. An athlete can lose weight by eating more at appropriate times. Eat good meals at the right time. If they eat regular and still have problems losing that one pound per week, taking away calories is easier than adding calories. By simply cutting back on dairy products, such as milk, cream, butter, and margarine, they can take away 500 calories a day.

5. “How do I know how much I should eat”?

Here is a very simple formula to determine the number of calories that an athlete should be consuming each day:

1. Multiply their body weight by 11 weight _____ X 11 = _____
2. Multiply that number by 0.85 number _____ X 0.85 = _____
3. Add the two numbers from number 1 and number 2 together. = _____

*This is the number of calories that an athlete should be consuming to maintain their present body weight.

4. If they want to add weight, add 500 to number 3’s answer. If they want to lose weight, then subtract 500 from number 3’s answer.

RECIPES

Breakfast Meals



Overnight Oatmeal

Ingredients

- ½ Cup of Quaker Oats
- ½ cup of non-fat milk
- ½ cup non-fat plain Greek yogurt
- 1 t of chia seeds (optional)
- 1 cup of mixed berries

Other Options: nut butter, honey, cinnamon, apples, etc.

Directions

- Combine ingredients and chill in the refrigerator overnight to enjoy in the morning



Omelet in a Bag

Ingredients

- 2 eggs
- Ham/ Turkey
- Peppers
- Tomatoes
- Spinach
- Mushrooms
- Salsa
- Anything you want to put in your omelet
- Quart size freezer bags

Directions

1. Crack eggs into freezer bags and add omelet mix-ins
2. Beat ingredients in bag together and seal bag with little air inside
3. Bring a large pot of water to a boil and cook omelet for exactly 13 minutes.

* Using 3 eggs, cook for 15 minutes*



Blueberry Spinach Smoothie

Ingredients

- 2/3 cup plain Greek yogurt
- 1 ripe banana
- 2/3 cup frozen blueberries
- 2 large frozen strawberries
- 1 cup spinach leaves
- 1/2 cup milk of choice (dairy, coconut, soy, almond)
- 2 teaspoons protein powder (optional)
- 1 tablespoon of honey, or to taste

Directions

1. Add all of the ingredients to a blender, cover with the lid, and whirl until smooth. Add more milk if needed to reach the desired consistency and taste for sweetness, adjusting as necessary. Pour into two glasses and enjoy promptly.



Breakfast Egg Muffins

Ingredients

- Cooking spray
- 6 eggs
- salt and pepper to taste
- 1/2 cup cooked chopped spinach excess water removed
- 1/3 cup crumbled cooked bacon
- 1/3 cup shredded cheddar cheese

Directions

- Preheat the oven to 375 degrees. Coat 6 cups of a muffin tin with cooking spray or line with paper liners.
- Crack the eggs into a large bowl and blend the eggs until smooth, this will take less than a minute.
- Add the spinach, bacon and cheese to the egg mixture and stir to combine.
- Divide the egg mixture evenly among the muffin cups.
- Bake for 15-18 minutes or until eggs are set.
- Serve immediately or store in the refrigerator until ready to eat.



Protein Banana Nut Muffins

Ingredients

- 3 large overripe bananas (about 1 1/2 cups mashed)
- 1 large egg
- 1/3 cup nonfat plain Greek yogurt
- 2 tablespoons canola oil, or melted and cooled coconut oil
- 1/3 cup light brown sugar
- 1/4 cup maple syrup
- 1 teaspoon pure vanilla extract
- 1 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1 teaspoon ground cinnamon
- 1 1/2 cups white whole wheat flour
- 1 cup walnut halves, toasted and coarsely chopped

Directions

1. Place rack in the upper third of the oven and preheat the oven to 350 degrees F. Line a 12-cup muffin tin with paper or foil liners, or lightly grease with nonstick spray.
2. Mash bananas in the bottom of a large bowl until mostly smooth. Whisk in the egg, and then the yogurt and oil. Whisk in the brown sugar, maple syrup, and vanilla. Sprinkle the baking soda, salt, and cinnamon over the top, and then stir until combined. Gently stir in the flour until barely combined, and then fold in the walnuts.
3. Scoop the mixture into the prepared muffin tin, filling each cup nearly to the top. Bake for 20 to 22 minutes, until a toothpick inserted in the center comes out clean and the muffins spring back lightly when touched in the center.



Breakfast Burritos

Ingredients

- 1 whole wheat tortilla
- Scrambled eggs
- Hummus
- Vegetables (spinach, peppers, corn, onion)
- Black beans
- Salsa
- Avocado

Directions

1. Lightly spray the inside of a pan with non-stick cooking spray.
2. Sauté the pepper and onion over medium-high heat until softening.
3. Add eggs to vegetable mix and cook till eggs are done.
4. Place eggs on tortilla and top with cheese, salsa, black beans and avocados.



Lunch Meals



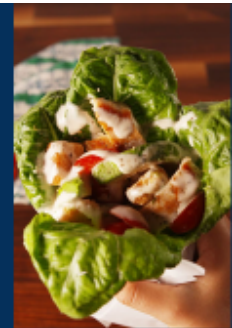
Chicken Caesar Wraps

Ingredients

- 1 T of extra virgin olive oil
- 2 boneless skinless chicken breast
- 1 t oregano
- Salt and pepper to taste
- 16 leaves of romaine lettuce
- 1 avocado
- 1 ½ cups of tomatoes quartered
- 1 cup of croutons
- 1 cup of Caesar dressing
- 2/3 cup of grated parmesan

Directions

- In a large skillet over medium-high heat, heat oil. Add chicken and season with garlic powder, oregano, salt and pepper. Cook for 3 to 5 minutes or until warm. Let rest 5 minutes, then slice.
- Cut a large square of parchment. Fold up bottom corner to make a triangle. Cover paper with 3 leaves romaine then top with a few slice of chicken, avocado, and a handful of tomatoes and croutons. Drizzle with Caesar dressing and sprinkle with Parm, then top with another romaine leaf.
- Roll wrap by folding sides in toward one another, then tightly wrap parchment paper around bottom. Poke with a toothpick to secure and top with more dressing. Repeat with remaining ingredients to make three more wraps.



Rotisserie Chicken Salad

Ingredients

- 2 T of extra virgin olive oil
- 2 T of red wine vinegar
- 2 plum tomatoes, diced
- 1 rotisserie chicken
- 1 avocado
- 4 slices of cooked bacon
- ¼ cup of crumbled blue cheese
- 4 thick slices of iceberg lettuce
- 1 hard boiled egg

Directions

1. In large bowl, combine extra virgin olive oil and red wine vinegar with 1/2 teaspoon each salt and pepper. Stir in plum tomatoes.
2. From rotisserie chicken, shred 3 cups meat. Stir into dressing along with avocado, bacon and crumbled blue cheese.
3. Serve over 4 thick slices iceberg lettuce; top with grated hard-cooked egg.



Black Bean Quesadillas

Ingredients

- 1- 15oz can of black beans
- ½ cup of shredded Monterey Jack cheese
- ½ cup of salsa
- 4-8 in tortillas
- 2 teaspoons of canola oil
- 1 ripe avocado

Directions

- Combine beans, cheese and ¼ cup salsa in a medium bowl. Place tortillas on a work surface. Spread ½ cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
- Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.



Healthy Chicken Salad

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 cups shredded or diced boneless, skinless chicken breast
- 2 Roma tomatoes, diced
- 1 bunch green onions, chopped
- 6 mini sweet peppers or one large orange, red or yellow pepper, diced
- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can corn, drained
- Salt to taste

Directions

1. Mix yogurt and seasonings in a small bowl and set aside while you prep the rest of your ingredients.
2. Mix chicken, veggies, and beans in a large bowl.
3. Add yogurt mixture and combine well to coat.
4. Add salt to taste.
5. Can be served immediately, but if possible, allow to marinate in the refrigerator for at least an hour.



Hummus Vegetable Wrap

Ingredients

- 1 package Brown Rice
- 1 whole-wheat
- 2 tablespoons hummus
- 1 cup spinach
- 1/2 cup black beans, drained and rinsed
- 1/2 medium carrot, thinly sliced
- 1/4 bell pepper, thinly sliced
- 1/4 cucumber, thinly sliced
- 1/4 avocado, sliced

Directions

1. Cook brown rice according to package directions.
2. Warm up tortilla in a microwave (about 15 seconds).
3. In the middle of tortilla, spread hummus evenly. Top with spinach, 1/4 cup rice, black beans, carrot, bell pepper, cucumber, and avocado.
4. Fold in the edges of the tortilla, then flip one side over and roll like a burrito. Wrap in foil



Chicken with Mexican Rice

Ingredients

- 1 package (6.4 ounces) Mexican-style rice and pasta mix
- 2 tablespoons butter
- 1-3/4 cups water
- 1 can (14-1/2 ounces) diced tomatoes with onions, undrained
- 2 cups cubed cooked chicken
- 1 jalapeno pepper, seeded and chopped

Directions

1. In a large skillet, cook and stir rice and pasta mix in butter until lightly browned, about 5 minutes. Add the water, tomatoes and contents of rice seasoning packet. Bring to a boil. Reduce heat; cover and cook for 10 minutes.
2. Add chicken and jalapeno. Cover and cook for 8-10 minutes or until rice is tender and liquid is absorbed.



Dinner Meals



Lemon Garlic Butter Salmon

Ingredients

- 2 salmon fillets
- 1/2 pineapple, halved and sliced
- ¼ cup butter
- ½ cup honey
- 4 large cloves garlic, crushed
- 2 tablespoons fresh lemon juice (juice of ½ a lemon)
- Chopped fresh parsley
- Salt and pepper

Directions

1. Preheat your oven to 400°F (200°C).
2. In a small saucepan, melt the butter over then add honey, garlic and lemon. Whisk until the mixture is well combined. Add one tablespoon chopped parsley, mix well and set aside.
3. Cut 4 sheets of 14-inch (35cm) length aluminum foil. Divide pineapple slices among sheets layering in center in an even layer and sprinkle with pepper. Arrange salmon fillets on top and drizzle with the honey lemon garlic butter sauce. Sprinkle with salt and pepper and top with more chopped parsley.
4. Pull sides of foil inward and seal then roll edges up, try to leave a little room for heat to circulate. Transfer the packets on a baking sheet and bake in the preheated oven about 10-15 minutes. Enjoy with brown or white rice if desired and remaining sauce. Sprinkle with additional chopped parsley if you like. Enjoy!



Sheet Pan Chicken and Asparagus

Ingredients

- 6 to 8 bone-in, skin-on chicken thighs
- 1 to 2 bunches asparagus, trimmed
- 1/2 cup unsalted butter, melted
- 1 tablespoon lemon juice
- 5 cloves garlic, minced
- 1 tablespoon honey
- 1 coffee spoon Italian herbs (dried oregano, thyme, rosemary, basil)
- Kosher salt and freshly ground black pepper, to taste
- Slices of lemon, for garnish
- Fresh parsley, chopped

Directions

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a small bowl, whisk together butter, lemon juice, garlic, honey, Italian herbs; season with salt and pepper, to taste and set aside.
3. In a skillet over medium fire, brown chicken thighs on both sides for 4 to 5 minutes per side.
4. Arrange browned chicken thighs and asparagus in a single layer onto the prepared baking sheet.
5. Drizzle and brush the butter mixture over the chicken and asparagus and arrange lemon slices on top of chicken.
6. Bake into the oven until chicken is cooked through, about 20 minutes. Serve immediately, garnished with parsley, if desired.



Pesto Chicken Pasta

Ingredients

- 2 boneless skinless chicken breasts
- 2 tablespoons olive oil
- 1/4 cup basil pesto
- Kosher salt and black pepper, to taste
- 3 cloves garlic, minced
- Crushed red pepper flakes
- 3 tomatoes, diced
- 1 pound cooked pasta + 2 cups reserved pasta water
- Chopped fresh basil, for topping
- Grated parmesan, for topping

Directions

1. Coat chicken breasts with basil pesto and kosher salt and pepper, to taste. Heat a large skillet on medium heat, add 2 tablespoons olive oil and grill chicken until fully cooked, about 5-10 minutes depending on thickness. Slice and set aside.
2. To the same skillet add minced garlic, a tablespoon pesto (optional) and crushed pepper flakes. Simmer just for a few minutes just to combine flavors. Moisten with reserved pasta water and add Parmesan. When cheese is melted, add in the cooked pasta and toss well. You can also drizzle on a bit of olive oil or add more pesto if you want.
3. Add in sliced chicken with diced tomatoes and allow to reheat for a couple of minutes. Top with fresh basil, grated parmesan, black pepper and a drizzle of olive oil if desired..



Quick Chicken Noodle Soup

Ingredients

- 2 cups water
- 1 (32-ounce) carton fat-free, lower-sodium chicken broth
- 1 tablespoon olive oil
- 1/2 cup prechopped onion
- 1/2 cup prechopped celery
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 medium carrot, chopped
- 6 ounces fusilli pasta
- 2 1/2 cups shredded skinless, boneless rotisserie chicken breast
- 2 tablespoons of chopped fresh flat-leaf parsley

Directions

1. Combine 2 cups water and chicken broth in a microwave-safe dish, and microwave at HIGH for 5 minutes.
2. While broth mixture heats, heat a large saucepan over medium-high heat. Add oil, onion, celery, salt, pepper, and carrot to the pan; sauté 3 minutes or until almost tender, stirring frequently.
3. Add hot broth mixture and pasta; bring to a boil. Cook 7 minutes or until pasta is almost al dente. Stir in chicken; cook 1 minute or until thoroughly heated. Stir in parsley.



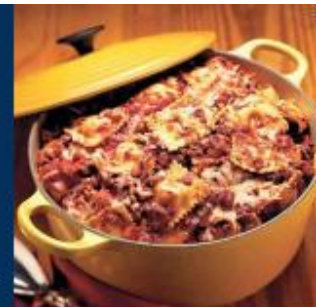
One-Pot Ravioli Pasta

Ingredients

- 1 pound lean ground beef
- 1 small onion, diced
- 1 (8-ounce) package sliced fresh mushrooms
- 1 teaspoon vegetable oil
- 2 garlic cloves, minced
- 2 (26-ounce) jars tomato-basil pasta sauce
- 1 cup water
- 1 tablespoon dried Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (20-ounce) package refrigerated four-cheese ravioli
- 1 cup (4 ounces) shredded mozzarella cheese

Directions

1. Cook ground beef in a Dutch oven over medium-high heat, stirring until it crumbles and is no longer pink; drain. Wipe Dutch oven clean.
2. Sauté onion and mushrooms in hot oil over medium-high heat 8 minutes or until tender. Add garlic, and sauté 1 minute. Stir in beef, pasta sauce, 1 cup water, and next 3 ingredients.
3. Bring sauce to a boil; add ravioli. Reduce heat to medium-low, cover, and simmer, stirring occasionally, 8 to 10 minutes or until pasta is done. Stir in cheese. Serve immediately.



Creamy Tomato and Spinach Pasta

Ingredients

- 1/2 lb penne pasta
- 1 small onion
- 2 cloves garlic
- 1 Tbsp olive oil
- 15 oz can diced tomatoes
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- pinch red pepper flakes (optional)
- 1/2 tsp salt
- freshly cracked pepper to taste
- 2 Tbsp tomato paste
- 2 oz cream cheese
- 1/4 cup grated Parmesan
- 1/2 9 oz. bag fresh spinach

Directions

1. Bring a large pot of water to a boil over high heat. Add the pasta and cook until tender (7-10) minutes. Drain the pasta in a colander.
2. While waiting for the pasta to cook, dice the onion and mince the garlic. Cook both in a large skillet with the olive oil over medium-low heat until softened and transparent (about 5 minutes).
3. Add the diced tomatoes (with juices), oregano, basil, red pepper flakes, salt, and some freshly cracked pepper to the skillet with the onions and garlic. Stir to combine. Add the tomato paste and a 1/2 cup of water to the skillet and stir until the tomato paste is dissolved into the sauce.
4. Turn the heat down to low. Cut the cream cheese into a few pieces and then add them to the skillet with the tomato sauce. Use a whisk to stir the sauce until the cream cheese has fully melted in and the sauce is creamy. Add half of the Parmesan to the skillet and whisk until it is melted in. Add the remainder of the parmesan and whisk until melted in again.
5. Add the fresh spinach and gently stir it into the sauce until it has wilted (3-5 minutes). Add the pasta and stir until it is well coated in the creamy tomato sauce. Taste and adjust the salt and pepper as needed. Serve warm.



Crockpot Meals



Fiesta Slow Cooker Shredded Chicken Tacos



Ingredients

- 1 cup of chicken broth
- Taco seasoning
- 1 lbs of skinless, boneless chicken breasts
- Taco toppings

Directions

1. Combine chicken broth and taco seasoning mix in a bowl. Place chicken in a slow cooker and pour chicken broth mixture over chicken.
2. Cook on Low for 6 to 8 hours. Shred chicken.
3. Make your taco and enjoy!



Minestrone Soup

Ingredients

- 2 cups of vegetable broth
- 1- 14.5 oz can of diced tomatoes
- 1 T of red wine
- 1 t of basil
- ¼ t of oregano
- ¼ t of salt and pepper
- ¼ cup of orzo rice
- ½ can of chickpeas
- ½ can of kidney beans
- 5oz of frozen spinach
- 1 ½ cups of frozen vegetables
- 1/8 cup of parmesan cheese

Directions

1. Combine ingredients and cook on low throughout the day.
2. Top with Parmesan cheese and enjoy!



Chicken Enchilada Soup

Ingredients

- 1 lb of chicken
- 3 cups of chicken broth
- 10 oz can of red enchilada sauce
- 15 oz can of black beans, drained and rinsed
- 15 oz can of corn, drained
- 1 ½ t ground cumin
- ½ T minced onion
- 1 lime, juiced
- Cheese, sour cream, tortilla chips

Directions

1. Combine all ingredients in crockpot and let cook for 8 hours.
2. Remove chicken, shred it and return to slower cooker.



All-Day Salsa Chicken

Ingredients

- 3-4 boneless chicken breasts
- 1 jar of chunky salsa
- 1- 10.5 oz can of cream of chicken soup; condensed

Directions

1. Place chicken in a greased crock pot.
2. Pour salsa and cream of chicken on top.
3. Cover and cook on low for 4-5 hours
4. Serve on rice.



Slow Cooker Pulled Pork

Ingredients

- 1 small pork tenderloin (2lbs)
- 1 packet of onion soup mix
- $\frac{3}{4}$ cup of water
- Favorite BBQ sauce
- Wheat Buns

Directions

1. Cut pork loin into 3-4 parts.
2. Place all ingredients into slow cooker
3. Cook on high for 3-4 hours.



Slow Cooker Chicken and Rice

Ingredients

- 1 cup long-grain brown rice
- 1 1/2 cups diced carrots
- 1 small shallot, finely chopped, about 1/4 cup
- 1 tablespoon Dijon mustard
- 1 1/2 pounds boneless, skinless chicken breasts
- 1 1/2 teaspoons garlic powder
- 1 teaspoon dried thyme
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 2 cups low-sodium chicken broth
- 1 cup frozen peas
- 1/2 cup nonfat plain Greek yogurt
- 1/2 cup freshly grated sharp cheddar cheese, divided

Directions

1. Lightly coat a 5-quart or larger slow cooker with nonstick spray. Add the rice, carrots, shallot, and Dijon mustard, and stir to combine. Arrange the chicken breasts on top, then sprinkle with the garlic powder, thyme, salt, and pepper. Pour in the chicken broth. Cover and cook on high for 1 1/2 to 2 1/2 hours, until the chicken is cooked through.
2. Remove the chicken into a plate and cover to keep warm. Stir the rice, vegetables, and broth, then re-cover and continue cooking on high until the rice is tender, about 1 additional hour.
3. Uncover and stir in the peas and Greek yogurt. Dice the chicken and stir it in with 1/4 cup cheddar cheese. Sprinkle the remaining cheese over the top, then re-cover and cook for a few additional minutes on high until the cheese is melted. Serve warm, sprinkled with fresh parsley as desired.



Snack Ideas



No Bake Bites

Ingredients

- 1 cup rolled oats
- 1/2 cup mini semi-sweet chocolate chips
- 1/2 cup ground flax seed
- 1/2 cup crunchy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract

Directions

1. Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour.



DIY Trail Mix

Ingredients

- 2-3 types of Nuts (cashews, peanuts, almonds, walnuts)
- 1-2 cups of Dried Fruit (banana, apples, cranberries, blueberries, raisins)
- Extras (pretzels, chocolate chips, granola, cheerios, wheat chex)

Directions

1. Combine nuts, dried fruit and extra add-ins. Enjoy!



Banana Roll-Ups

Ingredients

- Whole wheat tortilla
- Banana
- Peanut butter
- Optional: chocolate chips, cinnamon, granola

Directions

1. Coat tortilla with peanut butter and any extra you want
2. Then place banana on peanut butter and roll it up!



Power Bars

Ingredients

- 1 cup quick-cooking rolled oats
- 1/2 cup whole wheat flour
- 1/2 cup wheat and barley nugget cereal (e.g. Grape-Nuts™)
- 1/2 teaspoon ground cinnamon
- 1 beaten egg
- 1/4 cup applesauce
- 1/4 cup honey
- 3 tablespoons brown sugar
- 2 tablespoons vegetable oil
- 1/4 cup unsalted sunflower seeds
- 1/4 cup chopped walnuts
- 1 (7 ounce) bag chopped dried mixed fruit

Directions

1 Preheat oven to 325 degrees F (165 degrees C). Line a 9 inch square baking pan with aluminum foil. Spray the foil with cooking spray.

2 In a large bowl, stir together the oats, flour, cereal, and cinnamon. Add the egg, applesauce, honey, brown sugar, and oil. Mix well. Stir in the sunflower seeds, walnuts, and dried fruit. Spread mixture evenly in the prepared pan.

3 Bake 30 minutes, or until firm and lightly browned around the edges. Let cool. Use the foil to lift from the pan. Cut into bars or squares, and store in the refrigerator



Other Quick Snack Ideas:

Ingredients

- Apples and peanut butter
- Cheese stick
- Vegetable and humus
- Popcorn
- Yogurt and granola
- Jerky
- Chocolate Milk



Fish Meals



Spinach-Avocado Pesto Sea Bass

Ingredients

- 4 pieces (about 2 lbs.) wild chilean sea bass
- kosher salt
- Freshly ground black pepper
- 2 c. baby spinach
- 1/2 c. fresh parsley, chopped, plus more for garnish
- 1 clove of garlic, smashed
- 1/4 c. walnuts, chopped
- 2 tsp. fresh lemon juice
- Extra virgin olive oil
- 1 avocado, pitted
- 1 lb. asparagus, ends trimmed
- 2 lemons, cut in half
- Flaky sea salt

Directions

1. Season sea bass with salt and pepper; set aside.
2. In the bowl of a food processor, add spinach, parsley, garlic, walnuts, lemon juice, 1/4 cup olive oil, 1/2 tsp salt and 1/4 tsp pepper. Pulse 2 to 3 times. Add avocado and pulse until well blended but the sauce still maintains some texture.
3. Preheat a large cast iron skillet over high heat. Heat 1 tablespoon olive oil until very hot and almost smoking. Sear sea bass on each side for 3 minutes. Transfer to a plate and let it rest for a minute.
4. Meanwhile, return cast iron skillet to medium-high heat. Add 1 tsp olive oil, asparagus and 1/2 tsp salt. Sauté for 5 minutes, transfer to a plate for serving. Place lemons cut side down in the skillet, turn heat to high and sear lemon for 1 minute.
5. Serve sea bass on bed of asparagus and top with pesto and seared lemon. Garnish with parsley and sprinkle of sea salt.



Roasted Salmon Strawberry- Arugula Salad

Ingredients

- 4 salmon pieces (about 2 lbs.)
- 1/4 c. extra-virgin olive oil, plus more for drizzling
- kosher salt
- Freshly ground black pepper
- 2 lemons, cut into wheels
- 2 tbsp. balsamic vinegar
- 1 tbsp. Dijon mustard
- 16 oz. sliced strawberries
- 10 oz. arugula greens
- 1/2 red onion, thinly sliced
- 2 tbsp. chopped fresh chives

Directions

1. Preheat oven to 450° and line a rimmed sheet pan with parchment paper. Rinse salmon and pat dry thoroughly, then drizzle with olive oil and season with salt and pepper. Place 3 lemon wheels on top of each piece and bake for 10 to 12 minutes. (Time may vary depending on thickness of the fish.)
2. Meanwhile, in a jar add balsamic vinegar, mustard, olive oil, salt, and pepper. Shake well and refrigerate until ready to serve.
3. Toss strawberries with arugula greens and red onion.
4. Divide greens between 4 plates and drizzle with dressing. Top with salmon and garnish with chives.



Parmesan- Crusted Tilapia

Ingredients

- 4 tilapia fillets
- 1/4 c. lemon juice, plus more lemon wedges for serving
- 1 c. Italian bread crumbs
- 1 c. freshly grated Parmesan
- 1/4 c. chopped fresh parsley
- kosher salt
- 4 cloves garlic, minced
- pinch of crushed red pepper flakes
- Extra-virgin olive oil, for drizzling
- Cooked jasmine rice, for serving

Directions

1. Preheat oven to 400°. On a plate or shallow baking dish, toss tilapia in lemon juice. On a second plate, whisk together bread crumbs, Parmesan, and parsley and season with salt. Coat tilapia in bread crumbs and transfer to a baking dish.
2. Scatter garlic over fillets, sprinkle with red pepper flakes, and drizzle with olive oil.
3. Bake until tilapia flakes with a fork, 10 to 12 minutes.
4. Squeeze with lemon and serve over rice with lemon wedges



Buffalo Ranch Salmon

Ingredients

- 3 tbsp. Buffalo-style hot sauce (such as Frank's Red Hot)
- 4 tbsp. melted butter
- 1/3 c. panko bread crumbs
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. Ranch seasoning (optional)
- 4 6-oz. salmon fillets
- kosher salt
- Freshly ground black pepper

Directions

1. Preheat oven to 425°. Grease a baking sheet with cooking spray or vegetable oil.
2. Whisk together hot sauce and butter.
3. In a small bowl, toss panko with olive oil and ranch seasoning.
4. Place salmon on prepared baking sheet, skin-side down. Season salmon with salt and pepper. Spoon buffalo sauce onto each fillet, then sprinkle panko evenly on top, pressing to coat.
5. Bake until the fish is just cooked through and the panko is golden, about 15 minutes. Drizzle with extra buffalo sauce if desired.



Avocado and Tuna Tapas

Ingredients

- 1 (12 ounce) can solid white tuna packed in water, drained
- 1 tablespoon mayonnaise
- 3 green onions, thinly sliced, plus additional for garnish
- 1/2 red bell pepper, chopped
- 1 dash balsamic vinegar
- black pepper to taste
- 1 pinch garlic salt, or to taste
- 2 ripe avocados, halved and pitted

Directions

1. Stir together tuna, mayonnaise, green onions, red pepper, and balsamic vinegar in a bowl. Season with pepper and garlic salt.
2. Then pack the avocado halves with the tuna mixture.
3. Garnish with reserved green onions and a dash of black pepper before serving.



Pan Seared Tilapia

Ingredients

- 4 (4 ounce) fillets tilapia
- Salt and pepper to taste
- 1/2 cup all-purpose flour
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter, melted

Directions

1. Rinse tilapia fillets in cold water and pat dry with paper towels.
2. Season both sides of each fillet with salt and pepper.
3. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
4. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side.
5. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately



Savory Tuna Burgers

Ingredients

- 2 (5 ounce) cans tuna, drained
- 2 eggs
- 7 tablespoons bread crumbs
- 7 tablespoons chopped onion
- 7 tablespoons chopped celery
- 1 tablespoon prepared horseradish
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 1/4 teaspoon ground black pepper
- 2 tablespoons vegetable oil, or as needed

Directions

1. Mix tuna, eggs, bread crumbs, onion, celery, horseradish, lemon juice, garlic, and black pepper in a bowl until mixture holds together.
2. Divide mixture into 4 portions and form each portion into a patty.
3. Heat vegetable oil in a large skillet over medium heat and cook patties in the hot oil until golden brown, about 5 minutes per side.



Looking for other great recipes? Here are some sites that can help!

<https://www.allrecipes.com/>

www.eatingwell.com

<https://www.delish.com/weeknight-dinners/>

www.eatwell101.com

<https://www.realsimple.com/food-recipes/recipe-collections-favorites>

Pinterest- is a great tool for searching all types of meals that can really give you a wide variety.

YouTube- you can look up many food videos that will show you exactly how to make a meal so there are no questions.

SHOPPING GUIDE

Cooking Tools:

Crock-Pot



Target (\$12- 6 quart)



Walmart (\$18- 6 quart)

Good for low stress meal making. Can usually prep in the morning and come home to dinner made.

George Foreman (mini grill)



Target (\$20)

Makes a great sandwich press, a grill for quesadillas, chicken, or anything else that fits.

Rice Cookers



Walmart (\$15)

Can make rice in about 20 minutes and all that is needed is water. Very simple, consistent way to make rice.

Instant Pots



Walmart (\$60- 3 quart)

Works like a crockpot, rice maker, and much more. Can speed up the cooking process of almost any meal.

Electric Skillets/ Pans



Walmart (\$20)



Target (\$20)

Great tools to grill meats, sauté vegetables or keeping food warm. Both can be used for these purposes and is just personal preference for what you want use.

- Microwave
- Small Cooler
- Toaster
- Ice Packs
- Tupperware
- Plates, Bowl, and Utensils
- Measuring Cups and Spoons
- Zip Lock Bags

Best Deals:



TARGET

Walmart 

amazon 

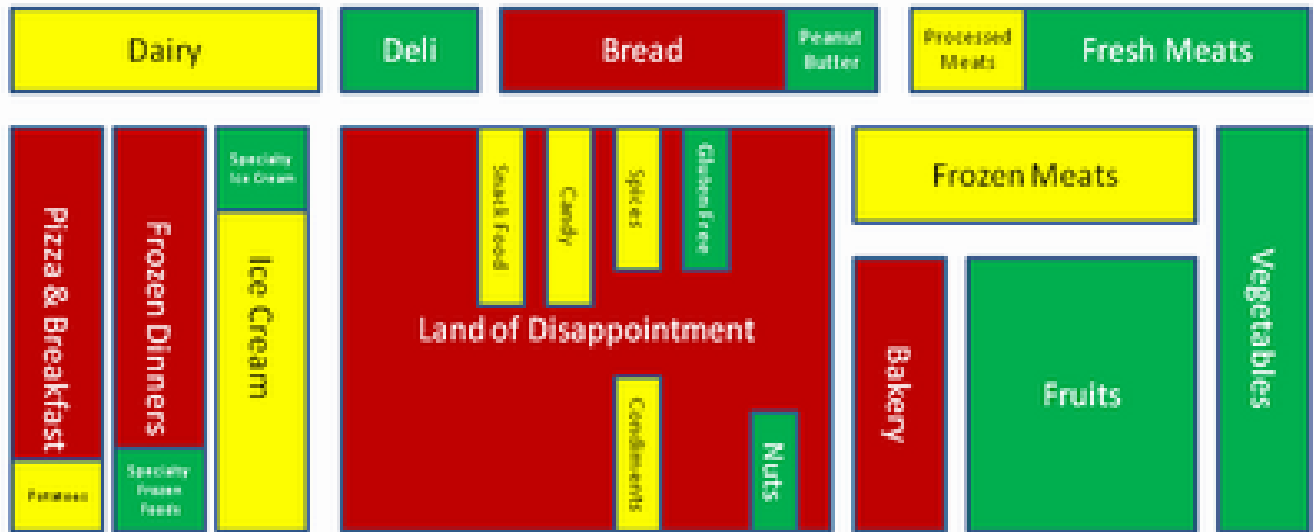
Grocery Shopping Guide

Protein	Veggies	Fruit
<ul style="list-style-type: none"> ○ Peanut Butter ○ Almond Butter ○ Beans ○ Lentils ○ Eggs ○ Canned Tuna/Salmon ○ Deli Meats ○ Chicken Breast ○ Salmon ○ Cod ○ Halibut ○ Shrimp ○ Lean Beef ○ Lean Pork ○ Greek Yogurt ○ Cheese ○ Cottage Cheese 	<ul style="list-style-type: none"> ○ Baby carrots ○ Sugar Snap Peas ○ Celery ○ Peas ○ Corn ○ Cucumber ○ Tomatoes ○ Sweet Potatoes ○ Zucchini ○ Spinach ○ Peppers ○ Broccoli ○ Cauliflower ○ Green Beans ○ Egg Plant ○ Squash 	<ul style="list-style-type: none"> ○ Strawberries ○ Blueberries ○ Raspberries ○ Mangos ○ Apples ○ Bananas ○ Citrus Fruits ○ Kiwi ○ Cherries ○ Pears ○ Peaches ○ Nectarines ○ Grapes ○ Melons
Have on Hand for Snacks	Carbohydrates	Other Essentials
<ul style="list-style-type: none"> ○ Applesauce cups ○ Hummus ○ Nuts ○ Dried Fruit ○ Cereal ○ String Cheese ○ Yogurt ○ Crackers ○ Granola 	<ul style="list-style-type: none"> ○ Rice ○ Pasta ○ Oatmeal ○ Couscous ○ Tortillas ○ Whole Wheat Bread ○ English Muffins ○ Bagels 	<ul style="list-style-type: none"> ○ Milk ○ Honey ○ Jam/Jelly ○ Mustard ○ BBQ ○ Ketchup ○ Salsa ○ Pickles ○ Canola Oil ○ Extra Virgin Olive Oil ○ Cooking Spray ○ Spaghetti Sauce ○ Cinnamon ○ Mrs. Dash ○ Garlic Powder

Grocery Shopping Tips

1. Choose generic brands when possible! Tastes the same, but CHEAPER!
2. Shop Sales- and stock up!
3. Shop the Perimeter of the store for the essential items
4. Most of the non-essential items are on the inside of aisles.

Grocery Map

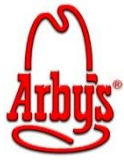


Green: area where most of your food should be bought. This includes the fresh vegetable, fruit and meat that will have the most nutrients.

Yellow: foods that should be bought in moderation as these foods are more processed and contain more added ingredients.

Red: this area should be avoided as much as possible as it contains a lot of processed foods that do not help the body recover.

EATING OUT



Arby's



The Five Best Choices:

1. Chicken Cordon Blue Sandwich – Grilled
→ 40 grams of protein with less than 20 grams of fat
2. Chicken Bacon & Swiss – Grilled
→ Almost 40 grams of protein and less than 20 grams of fat
3. Sante Fe Salad w/ Grilled Chicken (No dressing)
→ 25 grams of protein, 9 grams of fat, and < 25 grams of carbs (weight loss option)
4. Chicken Fillet Sandwich – Grilled
→ More than 30 grams of protein and less than 20 grams of fat
5. French Dip & Swiss Toasted Sub
→ About 30 grams of protein and less than 20 grams of fat

The Five Worst Choices:



1. Cheddar Fries
→ Little protein and loaded with fats/carbs
2. Mozzarella Sticks
→ Fried cheese...not smart
3. Turkey Ranch and Bacon Sandwich
→ Lots of protein, but the large amount of fats/carbs doesn't make it worth it
4. Onion Petals
→ Large amounts of fats/carbs, and a little amount of protein
5. Curly Fries
→ Little nutritional value

Extra Knowledge:

The **Worst** Dessert - Orange Cream Swirl Shake

The **Best** Dessert – Chocolate Chip Cookie

The **Best** Weight Gain Option – Large Roast Beef Sandwich

The **Best** Weight Loss Food – Sante Salad w/ Grilled Chicken

The **Best** Breakfast – Ham, Egg & Cheese Sourdough

The **Worst** Breakfast – Sausage Gravy Biscuit



Burger King



The Five Best Choices:

1. Tender Grill Chicken Sandwich (w/o mayo)
→ More than 25 grams of protein and less than 10 grams of fat
2. BK Veggie Burger
→ More than 20 grams of protein and less than 10 grams of fat, also low in saturated fat
3. BK Big Fish sandwich
→ Good amount of protein and fat (better than McDonalds fish filet)
4. Tender Grill Chicken Garden Salad
→ 10 grams of fat, > 20 grams of protein, plus a good choice for weight loss
5. Original Chicken Sandwich (w/o mayo)
→ 25 grams of protein and just over 15 grams of fat



The Five Worst Choices:

1. Triple Whopper with Cheese and Mayo
→ Lots of protein but much more fat (about 85 grams)
2. Fries
→ High amount of fat/carbs and almost no protein (any size)
3. Onion Rings
→ High amount of fats/carbs with little protein
4. BK Quad-stacker
→ More than 70 grams of fat, with little protein
5. Steakhouse Burger
→ 60 grams of fat

*By cutting out cheese and mayo the fat amount will decrease

Extra Knowledge:

The **Best** Breakfast Sandwich – Double Croissan'wich w/ ham, egg and cheese

The **Worst** Breakfast – Double Croissan'wich w/ sausage, egg, and cheese

The **Best** Dessert – Dutch Apple Pie

The **Worst** Dessert – Oreo BK Sundae Shake (Chocolate/Strawberry)

The **Best** Weight Gain Food – Triple Whopper with NO cheese/mayo

The **Best** Weight Loss Food – Tender Grill Chicken Garden Salad




McDonalds



The Five Best Choices: 

1. Premium Grilled Chicken Sandwich (Classic, Club, Ranch BLT)
→ All high in protein and low in fat
2. Grilled Snack Wraps (Ranch, Honey Mustard, Chipotle BBQ)
→ All high in protein and low in fat
3. Premium Grilled Chicken Salads (Southwest, Asian, Bacon Ranch, Caesar)
→ All high in protein and low in fat
4. Quarter Pounder
→ Has more protein than fat (Good option if you're not concerned about weight)
5. Hamburger
→ Has more protein than fat (Good add on to a meal or for a snack)

The Six Worst Choices: 

1. French Fries
→ Lots of fat/carbs with little protein
2. Chicken McNuggets
→ More fat than protein
3. Chicken Select Premium Breast Strips
→ More fat than protein (Basically McNuggets)
4. Filet-O-Fish
→ Has more fat than protein and very little fish
5. McChicken
→ Lots of breading which means lots of fat and little protein
6. McRib
→ Lots of fat and very little protein

Extra Knowledge:

The **Best** Breakfast sandwich – Egg McMuffin (high in protein and low in fat)

The **Worst** Breakfast – Deluxe Breakfast (Avoid always)

The **Best** Dessert – Fruit n' Yogurt Parfait

The **Worst** Dessert – Shakes (Vanilla, Chocolate, Strawberry)

The **Best** Weight Gain Food – Double Quarter Pounder w/ Cheese

The **Best** Weight Loss Food – Premium Asian Grilled Chicken Salad



Pita Pit

How to Build a Healthy Pita

Pita Bread: White of Wheat?

Wheat: Provides more fiber for the same calories of white bread

The Five Best Meat Choices:

1. Tuna: High in protein and low in sodium/fat
2. Philly Steak: Good source of protein, low in fat/sodium
3. Chicken Breast: Low in fat/sodium
4. Turkey: Best option out of all 5 when looking at sodium levels
5. Chicken Crave: Chicken and ham, low in fat and high in protein

The Five Worst Meat Choices:

1. Gyro: High in fat
2. Dagwood: High amount of salt
3. BLT: High amount of fat and saturated fat
4. Club: High amount of sodium
5. Roast Beef: High amount of Salt

Toppings:

- All the toppings are great choices as they provide vitamins and minerals.
- The hummus and babaganoush provide extra fat/sodium so be careful

Cheese:

1. Parmesan: Low in calories/sodium. Best option
2. American Swiss: Comparable to Parmesan with slightly more fat
3. Feta: High in fat with lots of sodium
4. Cheddar: Has double the amount of fat compared to the others. AVOID

Smoothies:

- All are comparable in nutrients containing over 50 grams of sugar

Sauces:

Best: Salsa

Worst: Secret (Spicy Vinaigrette)



Taco Bell



The Six Best Choices:



1. Ranchero Chicken/Grilled Steak Soft Taco
→ Less than 4 grams of fat and more than 10 grams of protein
2. Gordita Supreme – Chicken
→ Has more protein than fat with a reasonable amount of carbs
3. Gordita Supreme – Steak
→ Has more protein than fat with a reasonable amount of carbs
4. Enchirito – Chicken
→ More than 22 grams of protein and less than 13 grams of fat
5. Enchirito – Steak
→ 20 grams of protein and 14 grams of fat
6. Soft Taco – Beef
→ 10 grams of protein, 9 grams of fat with not overdoing carbs. Cheapest option

The Six Worst Choices:



1. Fiesta Taco and Chicken Fiesta Taco Salad
→ Has lots of fats/carbs
2. Nachos Bell Grande
→ Has lots of fats/carbs
3. Express Taco salad
→ Has lots of fats/carbs
4. Grilled Stuffed Burrito (beef, Chicken, Steak)
→ More than 70 grams of carbs
5. Zesty Chicken Border Bowl
→ Has more fats/carbs than protein
6. 7-Layer Burrito
→ Too many carbohydrates contained in this

Extra Knowledge:

The **Best** Dessert – Caramel Apple Empanada

The **Best** Weight Gain Food – Chicken Enchirito

The **Best** Weight Loss Food – Ranchero Chicken Soft Taco



Wendy's



The Six Best Choices:



1. Ultimate Chicken Grill Sandwich
➔ Less than 10 grams of fats and more than 25 grams of protein
2. Chicken Caesar Salad
➔ 30 grams of protein and less than 10 grams of fat (This all Depends on dressing)
3. Spicy Chicken Fillet Sandwich
➔ Less than 20 grams of fat and about 30 grams of protein
4. Double Stack
➔ Less than 20 grams of fat and almost 25 grams of protein
5. Grilled Chicken Go Wrap
➔ Lower calorie intake. 11 grams of fat and 17 grams of protein
6. Chili
➔ Low in fat and a decent source of protein and carbs

The Five Worst Choices:



1. Triple Burger with everything
➔ Almost 1000 calories, 60 grams of fat, and over 2000mg of sodium
2. Baconator
➔ Loaded with fat and sodium, also high in protein but a poor source
3. French Fries
➔ No nutritional value
4. Chocolate Twisted Frosty
➔ Loaded with sugar
5. Chicken Nuggets
➔ Has more fat than protein, high in sodium, and a and sugar source

Extra knowledge:

The **Worst** Side – French fries

The **Best** Side – Chili

The **Worst** Dessert – Chocolate Twisted Frosty

The **Best** Dessert – Small Vanilla Frosty

The **Best** Weight Gain Food – Ultimate Chicken Grill Sandwich

The **Best** Weight Loss Food – Chicken Caesar Salad with Balsamic Vinaigrette



Jimmy John's

*All Sandwiches made with the 8" French Bread Classis

*Any extra toppings will add calories and change the nutritional values...be careful

The Five Best Choices: 

1. Slim 2
→ 480 calories with 6 grams of fat and 31 grams of protein
2. Slim 4
→ 450 calories with 3 grams of fat and 29 grams of protein
3. The #4
→ 510 calories total and has more protein than fat
4. Slim 1
→ 570 calories with 13 grams of fat and 34 grams of protein
5. Slim 6
→ 610 calories with more protein than fat

The Five Worst Choices: 

1. J.J.B.L.T.
→ 570 calories with more fat than protein.
2. The #13
→ 1020 calories with 63 grams of fat and 48 grams of protein
3. The #9
→ High in calories, fat, and protein
4. The #15
→ High in calories, with fats and protein at the same amount of 43 grams
5. The #6
→ 690 calories with 39 grams of fat and 28 grams of protein

Extra Knowledge:

The **Best** Dessert – Oatmeal Raisin Cookie

The **Worst** Dessert – Triple Chocolate Chunk Cookie



Panera

The Five Best Choices:

1. Strawberry Poppyseed Salad with Chicken
➔ A total of 340 calories. 29 grams of protein, 31 grams of carbs, and 13 grams of fat
2. Turkey Sandwich
➔ A total of 560 calories. 37 grams of protein, 18 grams of fat, and 65 grams of carbs
3. Spicy Thai Salad with Chicken
➔ A total of 510 calories. 42 grams of protein, 22 grams of fat, and 41 grams of carbs
4. Avocado, Egg White & Spinach
➔ A total of 410 calories. 21 grams of protein and has less than 15 grams of fat
5. Avocado Cobb Salad with Chicken
➔ A total of 480 calories. 38 grams of protein and less than 27 grams of fats/ carbs

The five Worst Choices:

1. Classic Grilled Cheese
➔ Has 640 calories. 73 grams of carbs and has more fat than protein.
2. The Italian Sandwich
➔ A total of 880 calories. High in carbs, and has more fat than protein
3. Mac & Cheese
➔ A total of 950 calories. Almost double the amount of fat than protein. Also contains 83 grams of carbs
4. Chicken Tortellini Alfredo
➔ A total of 750 calories. Contains more fat than protein, and has 68 grams of carbs
5. Southwest Chile Lime Ranch Salad with Chicken
➔ A total of 650 calories. High in carbs and contains the same amount of fat and protein

Extra knowledge

The **Worst** Side – Chips

The **Best** Side – Banana

The **Worst** Dessert – Lemon Drop Cookie

The **Best** Dessert – Oatmeal Raisin with Berries

STUDENT DISCOUNTS IN TOWN

Student Discounts

- BoneShaker Coffee Company - 10% off
- Buffalo Wild Wings - 50% any food item on Sunday nights 9pm-12am (limit \$10 per ID)
- Caffe Aroma - Buy any one drink of choice and get one free with your student ID
- City Brew Coffee - 10% off one beverage, once per day with your student ID
- Domino's Pizza - Large three topping pizza \$7.99 plus tax - valid for carryout only
- Famous Dave's - 10% off total purchase with your student ID
- Grand Junction - Present your student ID and get a FREE monster cookie
- Kobe's Japanese Steakhouse- 10% discount per check with your student ID (Monday-Thursday only)
- Oahu Hawaiian BBQ & Sushi Bar- 10% discount per check with your student ID (Monday-Thursday only)
- Pita Pit- FREE chips and drink with purchase of a pita with your student ID
- Shogun Sushi and Hibachi- 10% off with your student ID.
- Steep Me A Cup of Tea- 15% off hot or iced tea with your student ID.
- Texas Roadhouse- 10% off with your student ID (Mondays and Tuesdays from 6pm-10pm)
- The Gifted Bean Coffee House- 10% off with your student ID.
- Yim Siam Thai Cuisine- One free iced tea with each entree purchased with your student ID
- Cold Stone Creamery - 10% off any purchase
- Erbert & Gerbert's - free regular fountain soda w/ purchase of sandwich
- La Carreta - 10% off (excluding alcohol)
- Little Caesar's - \$5.99 for any single topping large pizza / 5% off all other menu items
- Pancheros - Free drink with student ID and purchase of an entree

- Papa Murphy's - \$2 off any pizza any size with student ID
- Qdoba - Free drink with student ID and purchase of an entree
- Taco Del Mar - 10% off
- Bobcat's Hockey - \$8.00 general admission ticket
- Dakota Zoo - \$1 off adult admission
- Midway Lanes - Wednesdays, from 9:30 PM –12 MIDNIGHT, \$10 for women and \$12 for men
- Midwest Sports Tours - \$50 off total booking of groups of 2 or more fans
- Void the Void - \$50 off DJ services/ \$50 off lighting services / \$25 off Gobo Monograms
- Dutch Mill Florist - 10% off purchases made in-store
- Glasses USA - 15% off your final order of eyeglasses when you input the “UNIVERSITY” code into the “discount code” field of the “shopping cart” page.
- Northwest Tire - \$25 off any set of 4 passenger or light truck tires / \$20 off any brake services / \$5 off oil change service (lube/oil/filter) / \$10 off battery purchase and 1/2 price installation / Discount not valid with other coupons or discounts and some exclusions apply.
- Prairie Creek Creations - 10% discount on most Pride of Dakota products and non-consignment items. Sale items are not eligible for discount.
- Runway Express Tesoro - 6¢ off per gallon of gas
- Sam’s Club - Students receive a \$15 gift card upon joining or membership renewal. Membership also includes a complimentary household card, which can be shared with a roommate or parent.
- Tires Plus - 5% off parts and labor / \$15 off a set of tires
- Anytime Fitness- Free 1-month enrollment
- Bismarck Parks and Recreation - 1 Rate, 2 Fitness Facilities Fall Semester: thru Dec. 31, \$90; Spring semester: Jan. 1 – May 15, \$90; Summer: May 16 – Aug. 14, \$60 Show your U-Mary ID at either facility to get signed up!
- Colour Lab Salon - \$75 haircut and dimensional color with Tanya, Magen and Karla (long hair extra) / FREE hair extension consultation with Cleo only/ FREE permanent make-up consultation with Tanya and Darla /15% off regular price retail products

- Dayna's Therapeutic Massage- \$10 off any massage
- MasterCuts- 20% off retail products and service. Discount available Monday–Thursday at Kirkwood Mall location ONLY
- Sanford Women's Health Center- Student membership rates: 1 month cash/credit, \$28; 1 month auto deduction, \$23; 3 months, \$65; 6 months, \$130 Men are welcome to attend classes.
- New Image Tanning - Tan great for \$18.88! Buy any lotion and tan for 1 month for \$18.88/ 70 different lotions, all 50-75% off the retail price / Get 3 free tans with purchase of a lotion (See store for details)
- Huff Hills - Full-day lift ticket at half-day price when your student ID is presented