

MEAL SUGGESTIONS FOR ATHLETES

Whether at home or traveling, athletes face similar challenges of building performance meals with limited time or limited cooking and storage equipment. Below are simple meal suggestions to provide clients with energy and recovery nutrients.

FOR ATHLETES SHORT ON TIME: 20 MINUTES OR LESS PERFORMANCE MEALS

Tacos

Prepare soy crumbles with taco seasoning and shredded carrots. Serve with soft taco shells and top with lettuce, tomato, salsa, and guacamole. Serve with rice and peas.



Smoothie Bowl

Blend 1 cup frozen berries, 1/2 cup dry rolled oats, 1-2 Tbsp nut butter, a tsp of vanilla extract, and half a tsp of ground cinnamon with a soy-based yogurt and one cup of unsweetened soymilk. Serve in a bowl topped with granola.

Legume Pasta with Tofu Ricotta

To make tofu ricotta, blend extra firm or high protein tofu with 1 Tbsp olive oil, juice of 1/2 lemon, 1 garlic clove or a tsp of garlic granules, 1/4 tsp salt, fresh basil, and black pepper to taste.

Optional: 2 Tbsp nutritional yeast and/or 1/4 cup cashews. Add tomato sauce on pasta and serve with a side caesar salad.



HOTEL MEALS FOR TRAVELING ATHLETES

Edamame Grain Bowl

Store bought salad kit mixed with shelled edamame and a microwaveable quinoa and rice pouch.



Teriyaki Noodle Bowl

Ready-to-eat teriyaki marinated tofu served with a microwavable noodle bowl and frozen broccoli steamer bag.

Buffalo Tempeh Wrap

Ready-to-eat buffalo marinated tempeh strips with hummus and greens in a whole grain tortilla with an apple.



ON-THE-GO PERFORMANCE SNACKING

Soy-based protein bar with an applesauce pouch



Single serve shelf-stable soymilk with a banana

Roasted edamame, nuts, and dried fruit

