



## Eating on a Schedule

### **BREAKFAST SUGGESTIONS (7-9am)**

- 1-2 cups Cereal/Oatmeal (or) ½-1 cup granola (or) 2 slices toast/ 1 bagel (whole wheat)
- Fruit (whole fruit or fruit salad or small glass fruit juice)
- 1-2 cups Low Fat Yogurt, Milk and/or Cottage Cheese

#### *WATER/HYDRATING BEVERAGE*

(If needing to add calories/bulk, then increase amounts or add some of these foods: add eggs/egg whites, low-fat cheese, ham/Canadian bacon, pancakes, waffles, peanut butter, syrup, juice, chocolate milk, etc...)

### **SNACK – IF NEEDED (9am-12pm)**

Example: 1 handful trailmix + *WATER/HYDRATING BEVERAGE*

### **LUNCH (11am-2pm)**

- Bread (2 slices/roll/pita/wrap) (or) ½-1 cup rice/pasta
- 3-5 oz Lean Protein (deli meat/grilled chicken/veggie burger/tuna/egg whites)
- Vegetables (fresh/cooked)
- 1 cup Low Fat Yogurt, Milk and/or Cottage Cheese or low-fat cheese
- Fruit (could eat at lunch or part of afternoon snack)

#### *WATER/HYDRATING BEVERAGE*

(If needing to add calories/bulk then increase amounts or add some of these foods: add oil-based dressings/sauces, low-fat cheese, granola/cereal, peanut butter, 100% fruit juice, chocolate milk, etc...)

### **SNACK (2-4pm)**

Example: Pretzels and string cheese + *WATER/HYDRATING BEVERAGE*

### **DINNER (6-8pm)**

- 3-5 oz Meat (chicken, turkey, sirloin, beef, etc...) (grilled, baked, broiled-NOT FRIED)
- 2 Grains (rice, pasta, bread, cereal) and/or Starchy Veg (Corn, potato, peas)
- ≥ 1 cup Vegetables (cooked or as a salad-just get a mixture)
- Milk

#### *WATER/HYDRATING BEVERAGE*

(if needing to add calories/bulk then increase amounts or add some of these foods: add oil-based dressings/sauces, low-fat cheese, granola/cereal, peanut butter, 100% fruit juice, chocolate milk, etc...)

### **SNACK – IF NEEDED (8-10pm)**

Example: fruit and yogurt + *WATER/HYDRATING BEVERAGE*

### **SNACK IDEAS**

- Trail mix (dried fruit, nuts and/or seeds)
- Whole grain cereal & skim milk
- Low-fat cheese (chunks, slices, or string cheese) and crackers/pretzels, fruit, or vegetables
- Fruit or Veggies dipped in yogurt, peanut butter, hummus, or with another protein
- Sports bars
- Granola bars (try to find >5grams of protein) or combine with yogurt
- Smoothies (made with real fruit, with yogurt, milk or ice cream)
- Peanut Butter and jelly sandwich or deli meat sandwich
- Tuna and whole grain bread, pita, or crackers
- Hard-boiled egg, egg whites, or egg beaters with ½ bagel
- Whole wheat waffle with yogurt and/or fruit as topping
- Low-fat beef jerky and fruit or veggies

### **General Tips to Follow:**

- Aim to fuel every 2-3 hours
- Balance calories throughout the day
- Can break meals up to cover snacks if needed
- Snacks can help add calories or spread out calories (know your goals!)