

FROM THE DESK OF **TARA COLLINGWOOD** SPORTS NUTRITIONIST

SOCCER SEASON MEAL PLAN



When your little athlete has a busy practice week to get ready for the big game, it's essential to provide balanced meals to help keep them healthy and strong. By creating a balanced plate for each meal, you reinforce the importance of eating healthy at an early age and get them excited about trying new, nutrient-rich foods. The meal plan below offers food pairings which will help stir imagination in the kitchen and ensure that your child has the right balance of protein, carbohydrates, fats, vitamins and minerals for an all-star performance on the field, making you the real MVP.

- **Tara Collingwood** Team Dietitian: *Orlando Magic (NBA)* | Official Nutritionist: *runDisney*

Practice Day

BREAKFAST

- 2 frozen whole wheat grain waffles with 1 Tbsp. peanut butter
- 1 banana
- 8 oz. Nesquik® low fat Ready-To-Drink chocolate milk



LUNCH

- Grilled Pear and Cheddar Cheese Sandwich: ½ pear sliced very thinly, 1.5 oz. reduced fat sharp cheddar cheese and ¼ c. raw spinach on 2 slices whole grain bread (prepared on griddle)
- 1 c. chicken noodle soup

POST-PRACTICE SNACK

- 1 c. celery sticks
- 2 Tbsp. nut butter
- ¼ c. raisins

DINNER

- 3 oz. lean sirloin steak
- ½ baked sweet potato
- Simple Salad: 1 c. romaine lettuce, cucumber, tomato and 1 Tbsp. light balsamic dressing
- 1 c. low fat milk

Day before the Game

BREAKFAST

- 1 c. flavored Greek yogurt
- ½ c. raspberries
- ½ c. granola

LUNCH

- Peanut Butter and Banana Wrap: 1 Tbsp. peanut butter, 1 banana, 2 Tbsp. Nesquik Chocolate Powder and sprinkle of cinnamon rolled on 1 whole wheat wrap
- ½ c. pineapple chunks and ½ c. cottage cheese



SNACK

- 1 apple
- 1 low fat mozzarella string cheese

DINNER

- Spaghetti and Meatballs: 1 c. whole grain spaghetti, ½ c. marinara sauce and 3 turkey meatballs
- 1 c. cooked green beans
- 1 c. low fat milk

Game Day

BREAKFAST

- ¾ c. steel-cut oatmeal prepared with water
- 2 links turkey sausage
- ½ c. blueberries
- 1 c. low fat milk



LUNCH

- Deli turkey and tomato sandwich: 3 slices deli turkey, 1 slice Swiss cheese, 1 slice tomato, 1 slice romaine lettuce and 1 Tbsp. light mayo (if desired) on 2 slices whole wheat bread
- 1 c. grapes

POSTGAME SNACK

- 8 oz. Nesquik low fat Ready-To-Drink chocolate milk
- Trail mix with popcorn, raisins, almonds and sunflower seeds

DINNER

- 1 lean ground beef burger on whole wheat bun
- 1 c. roasted cauliflower
- 1 c. spinach salad, tomato and 1 Tbsp. light balsamic dressing

Off Day

BREAKFAST

- 2 scrambled eggs
- 1 slice whole wheat toast with 1 tsp. margarine
- 1 orange
- 1 c. milk

LUNCH

- 2 oz. grilled chicken, ¾ oz. cheese, 1 slice tomato, 1 slice romaine lettuce and 1 Tbsp. light mayo (if desired) on 1 whole wheat bun
- 1 peach

SNACK

- 1 c. carrot sticks
- 2 Tbsp. hummus

DINNER

- 3 oz. baked/grilled fish
- ½ c. roasted red potatoes
- ¾ c. steamed broccoli
- 1 apple
- 1 c. low fat milk

