Example for Idea Day

|  |
| --- |
| 6:00 am |
| 7:00 am |
| 8:00 am |
| 9:00 am |
| 10:00 am |
| 11:00 am |
| 12:00 pm |
| 1:00 pm |
| 2:00 pm |
| 3:00 pm |
| 4:00 pm |
| 5:00 pm |
| 6:00 pm |
| 7:00 pm |
| 8:00 pm |
| 9:00 pm |
| 10:00 pm |
| 11:00 pm |

Activities Foods and Liquids

Breakfast : 7:30 Cheerios – Skim Milk

Topped with Blueberries/Strawberries

8 oz Glass of Juice, Multivitamin

Snack: 10:00 Raw Almonds – 2 oz

Banana, Coffee – Three Tsp Sugar, Milk

Lunch 11: 45 Whole Wheat Sandwich – Cheese and Ham – Light Miracle Whip

Water, Apple, Carrots X2, Sesame Snap

2:00Run

3 km

Snack: 3:00

Chocolate Milk – 250 ml. Water

 Easy

6:00 – Pork Cutlet with BBQ Sauce (6 oz), two pieces of bread with tzatziki (1/4 Cup), Four roasted new potatoes with Olive Oil (1 tbsp.)

Coleslaw (1 cup) , Milk (12 oz.), Peas (3 oz. )

Soccer

Practice

7-8:15

Water 4oz

Every 15

minutes

9:15 Cereal with Greek Vanilla Yogurt

 Water

Rationale for my food choices

Breakfast – Cheerios – my **starch** – low in sugar at only 4g per serving and containing fiber to slow the glycogen release to my bloodstream

* Skim Milk – my **protein** – 11 grams while avoiding additional bad fats
* Blueberries/Strawberries – my **antioxidants** which also include fiber
* Juice – increase my vitamin and antioxidant levels while providing hydration – 8 oz is lots as it is also high in sugar
* Multivitamin is just an insurance policy in case I miss something on my ideal day

Snack #1– Almonds – **Protein** - 7 g. plus 45% of my good fat needs for the day

* Banana –**Starch** and I get some potassium to minimize cramping from my run later (mayoclinic.org, Muscle Cramp Symptoms and Causes, 2017)
* Coffee – **Antioxidants** with the added bonus of 160mg of caffeine. Health Canada recommends that adults do not consume more than 400 mg of caffeine daily. The sugar added is three of the twenty teaspoons of added sugar that the World Health Organization recommends I consume in a day (10% of daily calories).

Information on sugar comes from <http://www.who.int/mediacentre/news/releases/2015/sugar-guideline/en/>

Lunch –