**My Ideal Day of Food Consumption**-SAPF Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your goal as an athlete is to fuel your body optimally to get the most out of your training regimen. Too often athletes ignore this component of their training and either get sick or do not perform to their optimal level. This meal plan will help you to be the best that you can be!

1. Using the template provided or with a template you create yourself, create an ideal diet for a one day period. **When creating your food plan consider quality of food, required caloric intake, timing of eating, balance of carbohydrates, fats, and protein, fluid requirements, and the 90/10 rule.**

My goal is to (circle one) gain weight, lose weight, or maintain my weight.

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| --- | --- | --- | --- |
| S=Starch  A= Antioxidant  P= Protein  F= Fats |  | | |
| Eating Time | Food Eaten | SAPF? | Workout Time(s) |
| Breakfast |  |  |  |
| Snack |  |  |  |
| Lunch |  |  |  |
| Snack |  |  |  |
| Dinner |  |  |  |
| Snack |  |  | [Image result for talking vegetables](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwj6ibKLxL3RAhWmv1QKHTKPDIIQjRwIBw&url=https://www.wired.com/2007/07/help-me-interne/&psig=AFQjCNHH9RCxn_oSGw6Kz9tYcu7GqmNAuQ&ust=1484342288952156) |