

# Shockers Fuel for Performance

**Breakfast:**

\*Choose at least 2 categories to incorporate into your breakfast\*

Carbs	Protein	Good Fats and Fruits
<ul style="list-style-type: none"> <li>- Bagel</li> <li>- Wheat Toast</li> <li>- Oatmeal</li> <li>- Pancakes</li> <li>- Cereal (low sugar)</li> <li>- Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>- Eggs/Omelets</li> <li>- Greek Yogurt</li> <li>- Bacon/Sausage</li> </ul>	<ul style="list-style-type: none"> <li>- Banana</li> <li>- Apples</li> <li>- Strawberries</li> <li>- Peanut Butter</li> <li>- Avocado</li> </ul>

Good breakfast ideas:

1. Bagel with cream cheese and eggs
2. Avocado Toast with Eggs
3. Cereal (Granola Cereal or Honey Nut Cheerios) and Strawberries
4. Pancakes and Eggs

**Snacks:**

TIPS: Avoid packaged snacks as much as possible

- Apples and Peanut Butter
- Beef Jerky
- Peanut Butter Sandwich
- Protein Bar
- Hummus with carrots or pretzels
- Cheese Stick
- Smoothie or Shake (see attached recipes)

**Lunch/Dinner**

Carbs	Protein	Veggies
<ul style="list-style-type: none"> <li>- Rice (Brown Rice)</li> <li>- Pasta</li> <li>- Sweet Potatoes</li> <li>- Baked Potato</li> <li>- Lentils</li> </ul>	<ul style="list-style-type: none"> <li>- Chicken</li> <li>- Turkey</li> <li>- Steak</li> <li>- Hot Dog</li> <li>- Fish</li> <li>- Beans</li> </ul>	<ul style="list-style-type: none"> <li>- Salad</li> <li>- Broccoli</li> <li>- Asparagus</li> <li>- Brussel Sprouts</li> <li>- Green Beans</li> <li>- etc.</li> </ul>

Lunch Ideas:

1. Turkey and Cheese Sandwich with carrot sticks and a few chips

2. Hot Dog with green beans

Dinner Ideas:

1. Grilled Chicken Stir Fry
  - a. Chicken, teriyaki/soy sauce, brown rice, vegetables (broccoli, bell pepper, etc.)
2. Steak/Beef Tacos
3. Ground Turkey and Broccoli Pasta
4. Salmon, Brown Rice, and Brussel Sprouts

**Before Bed:**

\*\*Especially if the kids are working out and training it's important to get calories to rebuild muscle in before bed

- Try swapping ice cream for a chocolate protein shake sometimes
- Cookie and milk (with a scoop of protein powder in it)

Other snacks: peanut butter and bananas, yogurt and granola, protein bar/protein cookies

## SHAKE RECIPES

### Vanilla + Banana + Peanut butter

- Cup of ice
- 1-2 TBSP of peanut butter
- 1-2 bananas (Freeze them and you do not need ice)
- 1-2 scoops of vanilla protein powder
- Milk or milk alternate to fill (approx. 20-24 oz)

### Chocolate + Banana + Peanut butter

- Cup of ice
- 1-2 TBSP of peanut butter
- 1-2 bananas (Freeze them and you do not need ice)
- 1-2 scoops of chocolate protein powder
- Milk or milk alternate to fill (approx. 20-24 oz)

### Strawberry Banana

- Cup of ice
- ½ - 1 cup of strawberries
- 1-2 bananas (Freeze them and you do not need ice)
- 1-2 scoops of vanilla protein powder
- Milk or milk alternate to fill (approx. 20-24 oz)

### Tropical Smoothie

- Cup of ice
- One handful of strawberries
- Two large handfuls of tropical fruit
- 20 - 24 oz orange juice

### Recovery shakes

- + collagen (INJ Only)
- + cherry juice to fruit smoothies
- + anti inflammatory

CHAMPION  
YOUR LIFE