HIGHER POWER TRAINING & PERFORMANCE NUTRITION

P2P PITCH2PITCH

HPT Accelerated Performance Nutrition

Example Meal Plans

		BREAKFAST	MORNING SNACK	LUNCH
PROTEIN	Option 1	4–8 whole eggs (If you want to turn this into a ham and cheese omelette, simply sub 1 oz of cheese or ham for 1 egg)	20–40 g protein shake	3–6 oz deli meat, 1–2 slices regular fat cheese
	Option 2	1–2 cups low-fat cottage cheese or low-fat Greek yogurt	20–40 g protein shake	4–8 oz chicken
	Option 3	4–8 oz ham	20–40 g protein shake	1–2 beef patties, 1–2 slices cheese
FRUIT	Option 1	1 cup of berries (can add to Greek yogurt or cottage cheese)	apple	
	Option 2	3 tsp honey (added to yogurt or cottage cheese)	banana	
	Option 3	1 whole fruit (apple, orange, banana, peach)	orange	
STARCH	Option 1	½–1 cup hashbrowns		2–3 slices whole wheat bread
	Option 2	2 slices whole wheat toast		⅔–1 cup rice
	Option 3	1–2 whole English muffins		1–2 hamburger buns
FAT	Option 1	2–3 tsp butter (for hashbrowns & eggs)	1–2 oz nuts	2–4 tsp butter or mayo on sandwich
	Option 2	2–3 tsp butter or peanut butter on toast	1–2 oz nuts	2–4 tsp olive oil (for chicken and rice)
	Option 3	2–3 tsp butter (for making breakfast sandwich)	1–2 oz nuts	No added fat needed (plenty of fat from the burger and cheese)
DAIRY	Option 1	8 oz low-fat milk OR 8 oz whole milk		8 oz low-fat milk OR 8 oz whole milk
	Option 2	8 oz low-fat milk OR 8 oz whole milk		8 oz low-fat milk OR 8 oz whole milk
	Option 3	8 oz low-fat milk OR 8 oz whole milk		8 oz low-fat milk OR 8 oz whole milk
VEGETABLE	Option 1			⅔ cup carrots (mini or chips)
	Option 2			broccoli in rice bowl
	Option 3			lettuce, tomato, onions on burger

KEY: tsp = teaspoon oz = ounces g = grams

STRONG • LEAN • ENERGIZED

HIGHER POWER TRAINING & PERFORMANCE NUTRITION

P2P PITCH2PITCH

HPT Accelerated Performance Nutrition

Example Meal Plans – Page 2 of 2

		AFTERNOON SNACK	DINNER	EVENING SNACK
PROTEIN	Option 1	20–40 g protein shake	4–8 oz grilled salmon	3–4 oz meat and cheese rollup
	Option 2	Protein bar (20+ grams protein)	4–8 oz lean sirloin steak	1 to 1 & 1/3 cups Greek yogurt (full fat)
	Option 3	Lean beef jerky (20–40 grams protein)	4–8 oz grilled chicken breast	20–40 g protein shake
FRUIT	Option 1	banana		2–3 tsp of jelly (optional)
	Option 2	orange		1 cup raspberries
	Option 3	apple		banana (in shake)
STARCH	Option 1		1 medium to large baked potato	1–2 slices of bread
	Option 2		2/3 to 1 cup brown rice	
	Option 3		1–2 cups pasta with Red Sauce	
FAT	Option 1	1–2 oz of nuts	2–4 tsp butter	2–4 tsp peanut butter
	Option 2	1–2 oz of nuts	2–4 tsp olive oil or butter (for steak, rice, & asparagus)	(full fat Greek yogurt) or 1 oz of nuts if using low-fat yogurt
	Option 3	1–2 oz of nuts	2–4 tsp olive oil (for cooking and on salad)	2–3 tsp peanut butter (in shake)
DAIRY	Option 1		8 oz low-fat milk OR 8 oz whole milk	
	Option 2		8 oz low-fat milk OR 8 oz whole milk	
	Option 3		8 oz low-fat milk OR 8 oz whole milk	
VEGETABLE	Option 1		broccoli & salad	
	Option 2		asparagus	
	Option 3		salad w/ olive oil & vinegar	

KEY: tsp = teaspoon oz = ounces g = grams

STRONG • LEAN • ENERGIZED

Want a meal plan personalized for your athlete?

HPT's Accelerated Performance Nutrition program combines a customized plan with coaching and accountability. Scan to connect with HPT.

higherpowertraining.com/contact-us/