

Nutrition

Nutrition and proper eating are as big a part of your health and fitness as your PT program. Your body needs the proper foods to fuel you through those grueling workouts and days on the fireline. The healthier you eat now, the more benefits you will have immediately and in the long run.

The following is an example of a one week menu. Remember though that each person requires different nutrients and amounts of protein and carbohydrates so vary the menu as needed. All the components are here to help fuel, repair and rebuild your muscles and get you back out there quicker and stronger.

At Siskiyou, we take our nutrition and our fitness very serious. We expect great things from any new candidate, and this sample menu along with *Nick Sailor's Pre-Season PT Program* will help you get on track and be better prepared for your time with the crew.

If you have any questions regarding nutrition or PT feel free to contact me.

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The example menu begins on the next page

Monday

BREAKFAST

Protein-rich Bran Flakes

Mix:

1 scoop Vanilla Whey in 8oz 1% Milk

Pour over:

1.5 Cups Bran Flakes cereal topped with 1 Tbsp Raisins

430 Calories, 31g protein, 70g carbohydrates (11g fiber), 5g fat (2g saturated)

MID-MORNING SNACK

Grapes, Cheese, and Ham

Snack on:

1½ cups of seedless grapes

2 slices Kraft fat-free American cheese singles

4 ounces of Healthy Choice Ham slices

350 calories, 27 g protein, 50 g carbohydrates (2 g fiber), 4 g fat (1 g saturated)

LUNCH

Tuna Sandwich

Make with:

2 slices 100% whole-wheat bread

1 3 oz can (or packet) Starkist Premium Chunk Light Tuna in Water

1 Tbsp Light mayonnaise

1 Tbsp mustard

1 lettuce leaf

2 slices tomato

1 tsp chopped onion

1 Tbsp chopped celery

Have on the side: 1 oz Planters mixed nuts

506 calories, 45 g protein, 41 g carbohydrates, 17 g fat (2 g saturated), 7 g fiber

MIDAFTERNOON SNACK

Beef Jerky and Celery with Peanut Butter

2 oz beef jerky

1 celery stalk

1 Tbsp Simply JIF Creamy Peanut Butter 33% less sugar

277 calories, 33 g protein, 14 g carbohydrates, 10 g fat (2 g saturated), 3 g fiber

DINNER

Baked Tilapia and Vegetables with Salad

Bake at 350° for 12 to 15 minutes in oven:

5 oz White Fish (e.g. Tilapia) – Top with lemon juice and dill.

Portion out into a microwave safe-bowl and cook:

1 ½ Cups Cooked Frozen Mixed Vegetables (e.g. Peas, Carrots, Corn)

Throw together this quick salad and top with 1 tsp Balsamic Vinegar and 2 tsp Olive Oil:

2 Cups Raw Spinach

8 Cherry Tomatoes

Sliced Cucumber

460 Calories, 50g protein, 32g carbohydrates (9g fiber), 13g fat (2 g saturated),

BEFORE-BED SNACK

Yogurt and Almonds

Mix together:

6 ounces of Yoplait Light, Fat-free Strawberry yogurt

1 ounce raw Almonds

225 calories, 11 g protein, 20 g carbohydrates (2 g fiber), 11 fat (2 g saturated)

Tuesday

BREAKFAST

Spicy Omelet

Make with:

- 1 c Egg Beaters
- 1 medium egg
- 1/2 c spinach
- 2 mushrooms, diced
- 2 Tbsp shredded Light Cheddar cheese
- 1/2 c salsa

Have on the side: 1 slice 100% whole-wheat bread with 1 Tbsp Smucker's low-sugar jelly; 1 c V8 juice
421 calories, 37 g protein, 40 g carbohydrates (5 g fiber), 11 g fat (4 g saturated)

MID-MORNING SNACK

Cheese Sticks and Nuts

Snack on:

- 2 Polly-O Cheese Strings
 - 1.5 oz Dry Roasted Mixed Nuts
- 265 calories, 20g protein, 9g carbohydrates (3 g fiber), 17g fat (4 g saturated)*

LUNCH

Lunch in a hurry

Microwave:

- 1 can Campbell's Chunky Beef Soup with Country Vegetables
- Have on the side:* 1 glass (8 oz) 1% milk
415 calories, 29 g protein, 54 g carbohydrates (8 g fiber), 8 g fat (4 g saturated)

MIDAFTERNOON SNACK

Apple, Cream Cheese and Boiled Eggs

Snack on:

- 1 Large Apple topped with 2 Tbsp Fat Free Cream Cheese
 - 2 Boiled Eggs and 1 Boiled Egg White
- 260 calories, 18 g protein, 25 g carbohydrates (5 g fiber), 9.5 g fat (3 g saturated)*

DINNER

Italian Sausage and Vegetable Stir-Fry

Grill:

- 3 Shady Brook Farms Sweet Italian Turkey Sausages on low heat for 7 to 10 minutes, turning the links often.

Then add the sausage to a skillet of:

- 2 c cooked Bird's Eye Frozen Broccoli, Peppers, Onions and Mushrooms
- 2 Tbsp Kikkoman Less Sodium Teriyaki Marinade and Sauce

Have on the side: 1 glass red wine (6 oz)
566 calories, 49 g protein, 33 g carbohydrates (9 g fiber), 19 g fat (5 g saturated), 15 g alcohol

BEFORE-BED SNACK

Protein Pudding

Mix together:

- 1 scoop of Chocolate Whey protein
 - 6 ounces of 1% milk
 - 1 teaspoon of sugar-free Jell-O pudding mix
- (Let chill in the refrigerator for 1 hour before eating.)*
235 calories, 32 g protein, 16 g carbohydrates (1 g fiber), 4.5 fat (1 g saturated)

Wednesday

BREAKFAST

Protein-Packed Oatmeal

Prepare:

1 package Nature's Path Instant Flax 'N Oats

Mix in:

1 scoop strawberry whey-protein powder

3 Tbsp 1% milk

Have on the side: 1 medium pear; 1 c green tea or coffee (sweetened with Splenda if needed)

472 calories, 32 g protein, 76 g carbohydrates (9 g fiber), 8 g fat (1 g saturated)

MID-MORNING SNACK

Mexi-Tuna

Mix together:

1 3 oz can (or packet) Starkist Premium Chunk Light Tuna in Water

3/4 c canned black beans

1/2 c salsa

1/2 c frozen or canned green beans

335 calories, 45 g protein, 41 g carbohydrates (15 g fiber), 1 g fat (0 g saturated)

LUNCH

Chef's Salad

Combine:

2 c chopped romaine lettuce

1 large hard-boiled egg

2 oz Healthy Choice turkey breast

2 oz Healthy Choice ham

1 oz sliced Cabot Light Cheddar cheese

1 oz sliced Cabot Light American cheese

6 cherry tomatoes

1/2 oz sliced almonds

2 Tbsp Hidden Valley Original Ranch Light

493 calories, 54 g protein, 20 g carbohydrates (4 g fiber), 22 g fat (6 g saturated)

MIDAFTERNOON SNACK

Low-Carb Protein Bar

1 Metabolic Drive Protein-Energy bar (available at t-nation.com)

240 calories, 20 g protein, 26 g carbohydrates (2 g fiber), 8 g fat (3 g saturated)

DINNER

Pan-Fried Salmon with Broccoli and Beans

Pan-fry:

One 5 1/2 oz salmon fillet (in 2 Tbsp olive oil preheated in a nonstick skillet) on medium high-heat for 4 minutes; turn and fry for another 5 minutes.

Season with fresh-squeezed lemon juice and dill.

Have on the side: 2 c steamed broccoli (measured raw); 1/2 c dark red kidney beans

516 calories, 56 g protein, 36 g carbohydrates (18 g fiber), 19 g fat (3 g saturated)

BEFORE-BED SNACK

Quick Protein Shake

Mix together in a shaker cup:

1 scoop Chocolate Metabolic Drive Super Protein Shake (available at www.t-nation.com)

8 oz 1% milk, Ice

190 calories, 25 g protein, 14 g carbohydrates (1 g fiber), 3 g fat (2 g saturated)

Thursday

BREAKFAST

Scrambled Eggs and Whole Wheat Toast

Cook on pan lightly coated with PAM cooking spray:

3 whole eggs (medium sized)

Top with:

¼ c fat-free shredded cheddar cheese, salt and pepper

Eat with:

1 slice 100% whole wheat toast

Drink with:

8 oz 1% milk

490 calories, 29 g protein, 38 g carbohydrates (3g fiber), 19 g fat (6 g saturated)

MID-MORNING SNACK

Turkey Pepperoni and Cheese Stacks

Stack together:

2 ounces Hormel Turkey Pepperoni 70% Less Fat

2 ounces Kraft fat free mozzarella cheese

220 calories, 33 g protein, 4 g carbohydrate (0 g fiber), 7 fat (2 g saturated)

LUNCH

Chicken-and-Swiss Pita

Make with:

1 Thomas' Sahara 100% whole-wheat pita

4 oz baked skinless chicken breast (cut into chunks)

1 slice Sargento deli-style reduced-fat Swiss cheese

1 Tbsp Light mayonnaise

1 Tbsp spicy brown mustard

1/2 c shredded lettuce

1/2 c chopped tomatoes

Have on the side: 1 c fresh strawberries

514 calories, 50 g protein, 54 g carbohydrates (9 g fiber), 12 g fat (2 g saturated)

MIDAFTERNOON SNACK

Omega-3 protein-packed Yogurt

Mix together:

1 scoop Vanilla Whey Protein

6 ounces of Yoplait Light, Fat-free Harvest Peach yogurt

1 tsp Cold-pressed Flaxseed Oil

270 calories, 31 g protein, 17 g carbohydrates (1 g fiber), 7 g fat (1 g saturated)

DINNER

Meatloaf with Green Beans

Combine and form into a loaf shape in a baking pan:

1 lb extra-lean ground beef

1/2 c oats

1/2 c Heinz OneCarb Ketchup

1 large egg

1/2 tsp salt

1/2 tsp pepper

2 Tbsp dried onion flakes

1 tsp dried mustard

1 tsp Worcestershire sauce

Cook for:

15 to 20 minutes at 350°F. Makes 2 servings

Have on the side: 1 c cooked green beans

530 calories, 52 g protein, 28 g carbohydrates (5 g fiber), 20 g fat (9 g saturated)

BEFORE-BED SNACK

Cottage Cheese and Strawberries

Mix together:

1 c 2% cottage cheese

3/4 c fresh or frozen sliced strawberries

198 calories, 29 g protein, 14 g carbohydrates (3 g fiber), 3 g fat (0.5 g saturated)

Friday

BREAKFAST

Strawberry-and-Banana Workout Shake

(If you work out first thing in the morning, choose this option, drinking half of the shake right before your session and half immediately afterward.)

Blend together:

2 scoops vanilla whey-protein powder

6 oz Yoplait Light fat-free strawberry yogurt

8 frozen strawberries

1 large banana

Plenty of ice

491 calories, 52 g protein, 61 g carbohydrates (5 g fiber), 6 g fat (1 g saturated)

MID-MORNING SNACK

Apple and Peanut Butter

Enjoy together:

1 large apple

2 Tbsp Simply JIF Creamy Peanut Butter 33% less sugar

260 calories, 9 g protein, 25 g carbohydrate (5 g fiber), 16 fat (3 g saturated)

LUNCH

Chili with Whole Wheat Bun and Banana

Microwave:

1/2 can Hormel Turkey Chili with Beans

Have with:

1 100% whole wheat bun

1 medium banana

484 calories, 32 g protein, 79 g carbohydrates (15 g fiber), 5 g fat (1 g saturated)

MIDAFTERNOON SNACK

1 EAS Myoplex Carb Sense Protein Bar

250 calories, 29 g protein, 20 g carbohydrates (1 g fiber), 7 g fat (5 g saturated)

DINNER

Top Round Steak, Spinach, Mushrooms and Red Wine

Grill:

8 ounces top round steak

Saute on a pan with 1 tsp olive oil:

1 c fresh spinach

½ c sliced mushrooms

Drink with

1 glass (4 ounces) Merlot

15 to 20 minutes at 350°F. Makes 2 servings

Have on the side: 1 c cooked green beans

551 calories, 72 g protein, 10 g carbohydrates (4 g fiber), 13 g fat (3 g saturated), 15 g alcohol

BEFORE-BED SNACK

Pepperoni

2 ounces beef and pork pepperoni

260 calories, 12 g protein, 2 g carbohydrates (1 g fiber), 21 g fat (8 g saturated)