



In-Season Training Plate



Dairy: 2-3 servings per day

Examples- milk, yogurt, protein shakes, cheese, cottage cheese

Examples- chicken, beef, pork, fish, eggs
Greek yogurt, whey protein, cottage cheese



Starchy Carbohydrates: 1/2 your plate

Examples- rice, pasta, bread, potato, cereal, corn, tortillas, oats, granola. Choose whole grains often!

High Protein: 1/4 your plate

Plants: 1/4 your plate



Sweets: 1-2 servings per day

Examples- ice cream, cookies, fruit juice, soda, Gatorade

Examples- salad, cooked veggies, salsa, pasta sauce, fruit, baked beans, refried beans, chili