

Mon, Wed, Fri.	Tues, Thurs	Sat, Sun
Breakfast: <ul style="list-style-type: none"> • Oatmeal (whole grain rolled or steel cut, berries, almonds, cinnamon), • 2 cooked or hard boiled eggs 	Breakfast: <ul style="list-style-type: none"> • Protein shake (protein powder, berries, milk, Greek yogurt, almond butter, flax) 	Breakfast: <ul style="list-style-type: none"> • Eggs, • Cooked spinach, • Rice, • Avocado
Lunch: <ul style="list-style-type: none"> • Ground turkey, • Sweet potato, • Squash and zucchini 	Lunch: <ul style="list-style-type: none"> • Kale soup, • Rice or rice crackers, • Avocado 	Lunch: <ul style="list-style-type: none"> • Turkey wrap, • Apple • Kale chips
Dinner: <ul style="list-style-type: none"> • Chicken lightly seasoned, • Barley • Veggies, 	Dinner: <ul style="list-style-type: none"> • Fish (salmon, barramundi, etc.), • Quinoa (red) w/ onions, olive oil & salt • Broccoli or Brussel sprouts 	Dinner: <ul style="list-style-type: none"> • Lean meat (turkey, bison, fillet) • Salad (spinach, peppers, carrots, etc.) • Black beans
Snacks: <ul style="list-style-type: none"> • Hard boiled eggs & Greek yogurt • Apple 	Snacks: <ul style="list-style-type: none"> • Almond butter & Carrots • Pear 	Snacks: <ul style="list-style-type: none"> • Dark chocolate & nut butter or • Protein shake

Foods to bring on travel for drive, breakfast and dinner:

- 2 containers of Greek yogurt,
- 4 hard-boiled eggs,
- 2 packets of Justin's nut butter
- 2 Lara bars and heed to have on hand pre and post race if needed
- Cooked red quinoa for dinner
- Get salad stuff and chicken breast at store on arrival (spinach, pepper and cucumber, etc.)

