

## Nutrition

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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 has different nutritional needs, so modify the menu as you see fit. All the components are here to help fuel, repair and rebuild your muscles and get you back out there quicker and stronger.

We take our nutrition and fitness very seriously. We expect great things from any new candidate, and this sample menu along with *Nick Sailer'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 one of us.

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The example menu begins on the next page

# Monday

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## 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

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## 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

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## 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

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## 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% mi k

*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

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## 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)*