

Renato Canuto Meal Plan

	Breakfast	Lunch	Snack	Dinner
Day 1	Peanut Butter Raisin Oatmeal 1 cup cooked oatmeal 1 Tbsp peanut butter ¼ cup cut fruit Macros: CHO: 44 g PRO: 7 g Fat: 7 g	Edamame Salad 1 cup edamame 1 cubed avocado ½ squeezed fresh lemon ¼ cup sliced red onion 2 cups sliced grape tomatoes 2 cups diced cucumber ½ cup fresh parsley ¾ cup diced green bell pepper ½ cup quinoa Dressing: olive oil and red wine vinegar 1-2 rolls Macros (1 cup): CHO: 78 g PRO: 18 g Fat: 10 g	Banana Peanut butter Raisins for topping Macros: CHO: 14 g PRO: 13 g Fat: 9 g	Tofu Tikka Masala 1 cup brown rice Macros (1 cup of curry): CHO: 69 g PRO: 24 g Fat: 29 g
Day 2	Whole-wheat bagel 1 whole-wheat bagel 2 tablespoons almond butter 1 sliced banana Drizzle of honey Macros: CHO: 82 g PRO: 17 g Fat: 21 g	Black Bean Wrap ½- 1 cup black beans ½ cup sliced cucumber ½ cup baby spinach 1 cup cooked quinoa 1-2 Tbsp Avocado dressing 1 whole wheat wrap Macros: CHO: 49 g PRO: 23 g Fat: 12 g	ATH Organics Paleo Double Chocolate Chip Cookie Bites Macros: CHO: 28.5 g PRO: 25 g Fat: 3.75 g	Chickpea Curry 1 cup brown rice Macros (1 cup): CHO: 70 g PRO: 15 g Fat: 8 g
Day 3	Overnight Oats 1 cup rolled oats 1 cup low fat milk 5 Tbsp Cashew yogurt 1 tsp vanilla extract 1 Tbsp chia seeds 1 cup chopped strawberries Optional: 1 Tbsp of maple syrup Macros: CHO: 50 g PRO: 7 g Fat: 9 g	Grilled Tempeh Sandwich 3 oz. grilled tempeh 2 slices of whole wheat bread ½ avocado 1 medium tomato diced 1 tsp. of sunflower seeds Handful of butter lettuce Macros: CHO: 60 g PRO: 22 g Fat: 32 g	¼- ½ cup almonds or assorted nuts Macros: CHO: 15 g PRO: 15 g Fat: 36 g	Green Pasta Macros (1 cup): CHO: 46 g PRO: 18 g Fat: 18 g
Day 4	Buckwheat Pancakes	Egg and Summer Salad	½ cup whole grain pretzels	Chickpea and veggies with tomato sauce

	1 cup milk 1 banana 1 tsp vanilla extract 1 tsp cinnamon 1 cup buckwheat flour 1 tsp baking powder 1 Tbsp chia seeds 1 Tbsp coconut oil Macros: CHO: 25 g PRO: 7 g Fat: 6 g	½ cup brown rice, cooked 2 boiled eggs 1 cup cucumber, diced 1 tomato, diced ¼ cup red onion, diced 1-2 slices of avocado Chives and dill to taste Macros: CHO: 62 g PRO: 23 g Fat: 20 g	½ cup hummus Celery sticks Macros: CHO: 40 g PRO: 5 g Fat: 9 g	1 cup chickpeas 2 tsp olive oil 1 cup cooked quinoa ½ medium eggplant ½ medium butternut squash ½ cauliflower 1 cup crushed tomatoes ½- 1 cup spinach leaves Macros: CHO: 40 g PRO: 13 g Fat: 14 g
Day 5	Scrambled Tofu 16 oz. scrambled tofu ½ cup spinach 2 slices of whole-wheat toast 1 Tbsp. butter 8 oz. glass of freshly squeezed orange juice Macros: CHO: 40 g PRO: 29 g Fat: 16 g	Grilled Bruschetta Pizza from Clean Simple Eats 4 pieces Stonefire mini naan bread, ½ cup marinara sauce, ½ cup low-fat, shredded mozzarella cheese, 8 oz. grilled/cooked chicken breast, Dash paprika, Dash garlic powder Bruschetta Salad: 6 oz. chopped tomatoes, 4 oz. chopped cucumbers, 1 Tbs. olive oil ½ tsp. minced garlic, Dash sea salt, Dash ground black pepper, Pinch fresh basil, chopped Topping: 2 Tbs. grated Parmesan cheese 2 Tbs. balsamic glaze Macros: CHO: 33 g PRO: 27 g Fat: 12 g	6 crackers with peanut butter Macros: CHO: 21 g PRO: 8 g Fat: 9 g	Tofu & Veg. Stir Fry 16 oz. block tofu Brown rice noodles 2 cups mixed stir-fry vegetables Sauce: 2 Tbs shoyu, 2 Tbs oyster sauce, 2 tsp sesame oil, garlic powder to taste, salt to taste, and dash of cayenne Macros: CHO: 30 g PRO: 18 g Fat: 20 g
Day 6	Fruit Smoothie ½ cup spinach 1 cup milk-alternative (soy, almond, oat) 1 banana ½ cup mango ½ cup avocado 2 Tbsp chia seeds Macros: CHO: 33 g PRO: 25 g Fat: 20 g	Lentil and Vegetable Pasta 1 cup whole wheat pasta, cooked ¼ -½ cup lentils, cooked ½ cup zucchini, sliced ½ cup red bell pepper, sliced 1 cup crushed tomatoes Salt and pepper to taste	Whole grain toast with chia seed jam (low sugar) and half an apple Macros: CHO: 30 g PRO: 10 g Fat: g	Butternut squash Chickpea Curry 1 cup diced butternut squash 2/3 cup diced carrots 1 cup potatoes 1 white onion 1 canned chickpea 1 can coconut milk 1 tsp coconut oil 1 garlic clove minced ½ tsp grated ginger 1 tsp ground cumin 1 tsp coriander

		Macros: CHO: 49 g PRO: 26 g Fat: 7 g		1 tsp turmeric powder *if too thick add vegetable broth Serve with ½ cup brown rice Macros: CHO: 82 g PRO: 15 g Fat: 10 g
Day 7	High Protein Waffles 1 cup whole wheat flour ½ cup ATH Organics Plant Protein Powder ½ tsp baking powder ½ tsp baking soda 2 tsp ground flax seed with 4 tsp warm water 1 ¼ cup nut milk 2 Tbs melted coconut oil 1 tsp vanilla extract Macros: CHO: 17 g PRO: 55 g Fat: 4 g	NYT Lentil Soup ½ avocado 1 bread roll Macros: CHO: 24 g PRO: 10 g Fat: 15 g	1 banana with 15 almonds and 3 Tbs dried fruit Macros: CHO: 30 g PRO: 15 g Fat: 20 g	Pad Thai Macros CHO: 44 g PRO: 14 g Fat: 17 g
Day 8	Whole Wheat Toast and Nut Spread 2 slices whole wheat bread 2-3 Tbsp nut spread 1 sliced banana Sprinkle with chia seeds Macros: CHO: 50 g PRO: 14 g Fat: 16 g	Sesame Noodles Macros: CHO: 32g PRO: 18 g Fat: 11 g	Baked sweet potato with strawberries Macros: CHO: 46 g PRO: 4 g Fat: 0 g	Almond-Ricotta Lasagna Macros: CHO: 26 g PRO: 24 g Fat: 12 g
Day 9	Quinoa Pancakes 1 cup milk 1 banana 1 tsp vanilla extract ¾ cup whole wheat flour ¼ cup quinoa flakes 1 tsp baking powder 1 Tbsp chia seeds Top with nut spread & maple syrup Macros: CHO: 52 g PRO: 18 g Fat: 7 g	BBQ Chickpea Salad Macros: CHO: 50 g PRO: 23 g Fat: 3 g	Cinnabon Energy Balls (makes 12) ½ cup nut butter 3 Tbsp maple syrup 3 Tbsp milled flax seeds 2 Tbsp cinnamon ¼ cup almond flour 1 tsp all spice Macros (1 ball): CHO: 19 g PRO: 8 g Fat: 9 g	Mushroom Stroganoff Macros: CHO: 24 g PRO: 26 g Fat: 12 g

Day 10	Spiced Quinoa Oats 1 Tbsp butter ¼ cup oats ¼ cup quinoa flakes 1 grated pear 1 cup milk 1 tsp cinnamon 1 Tbsp chia seeds ½ tsp nutmeg Macros: CHO: 36 g PRO: 15 g Fat: 15 g	Vegetarian Tacos Macros: CHO: 61 g PRO: 11 g Fat: 21 g	Homemade granola with blueberries and almond milk Macros: CHO: 42 g PRO: 11 g Fat: 4 g	Vegetable Curry with Brown Rice Macros: CHO: 50 g PRO: 16 g Fat: 15 g
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**Estimated macronutrients are based on one serving*

***Note: This meal plan is meant to be flexible. If you are feeling hungry or full, adjust the serving sizes or add/eliminate a snack as needed. These meals are meant to provide ideas to create a well-balanced diet for you as an athlete. A trial period is completely normal to understand what is required for your body and your athletic goals. The pre and post training session snacks are not included the above chart but should be taken ever pre/post training session.*