

# Sample Grazing Pattern Menu for the Athlete

## Day 1

### Breakfast

Multi-grain cereal w/ almond, coconut or whole soy milk  
Hand full of seeds and nuts over cereal  
Fruit such as banana or apple  
Vitamins & Clean Water

### 10:00am Snack

Nut Butter and whole grain crackers

### Lunch

Turkey\* (4oz) in pita pocket w/ lettuce, tomato, etc.,  
mustard & hummus (use instead of mayo)

Hand full of raw carrots

Cup of black beans and rice or black bean soup

Apple (organic if possible)

Vitamins & Clean Water

*\*Make sure turkey has no nitrates, antibiotics, steroids or preservatives.*

### 2:00pm Snack

Hand full of raw baby carrots

### 4:00 pm Snack

Hand full of raw nuts and seeds (your choice)

### Dinner

Baked salmon (4-6oz)

Baked potato w/ Salsa or Butter

Steamed corn w/ diced red & green peppers

Sliced mango

Vitamins & Clean Water

## Day 2

### Breakfast

Oatmeal (sweeten with honey or molasses instead of  
white sugar)

Hand full of seeds and nuts

Blueberries, strawberries or other piece of fruit

Vitamins & Clean Water

### 10:00am Snack

Hand full of broccoli w/ vinaigrette dressing

### Lunch

Peanut/Almond/Cashew Butter & Honey on whole grain  
bread

Tomato Soup

Side salad

Apple

Vitamins & Clean Water

### 2:00pm Snack

Hand Full of Seeds and Nuts

### 4:00pm Snack

Hummus and Whole Grain Crackers

### Dinner

Chicken-Vegetable Soup (avoid creamy base)

Side salad (green; bean sprouts; broccoli; sweet red  
pepper; pine nuts w/ apple cider vinegar, sea salt  
and pepper)

Whole grain roll

Pineapple

Clean Water & Vitamins

## Day 3

### Breakfast

2 eggs (scrambled, boiled, sunny side up or easy-over)

Whole grain toast

Banana

Vitamins & Clean Water

### 10:00am Snack

Instant Cup of Soup

### Lunch

Big salad from salad bar (make sure you get enough  
protein by adding seeds and nuts, eggs and/  
some other form of protein)

Top with a vinaigrette dressing

Fruit

Vitamins & Clean Water

### 2:00pm Snack

Betty Lou Smacker Almond Butter Ball

### 4:00pm Snack

Hand Full of Seeds and Nuts

### Dinner

Turkey Burger 4-6oz

Mashed potatoes

Raw carrots, broccoli, and celery w/ dressing dip of your  
choice

Grapes, Pineapple, and Kiwi fruit cup

Vitamins & Clean Water

## Day 4

### Breakfast

Same as Day 1 or 2

### 10:00am Snack

Hand full of seeds and nuts

### Lunch

Tuna salad sandwich (make sure mayo is not  
hydrogenated)

Hummus and Crackers

Watermelon

Vitamins & Clean Water

### 2:00pm Snack

Guacamole with corn chips

### 4:00pm Snack

Apple

### Dinner

Bar-B-Q Chicken (4-6oz)

"Buttered" egg noodles (use Earth Balance spread)

Various raw vegetables with hummus dip

Vitamins & Clean Water

# Sample Grazing Pattern Menu for the Athlete

## Day 5

### Breakfast

Toasted Peanut Butter (or other nut butter)  
Mixed Berries  
Vitamins & Clean Water

### 10:00am Snack

Hummus and crackers

### Lunch

Chicken salad on whole grain bread or with whole grain crackers  
Raw veggies  
Mixed fruit (I like to make a big bowl of this to keep in refrigerator for a quick dessert or snack)  
Vitamins & Clean Water

### 2:00pm Snack

Banana

### 4:00pm Snack

Few bites of leftover chicken salad

### Dinner

Grilled Tuna  
Rice Pilaf  
Sautéed Asparagus  
Raw Carrots  
Cantaloupe  
Vitamins & Clean Water

## Day 6

### Breakfast

Same as Day 3

### 10:00am Snack

Slice of whole grain bread with coconut butter spread

### Lunch

Veggie burger or grilled portabella mushroom (top with hummus or avocado instead of mayo)  
Baked fries  
Raw veggies  
Vitamins & Clean Water

### 2:00pm Snack

Apple Slices and peanut butter

### 4:00pm Snack

Hand full of baby carrots and dressing

### Dinner

Turkey wrap  
Small side salad (greens; bean sprouts; broccoli; pistachios)  
Apple  
Vitamins & Clean Water

## Day 7

### Breakfast

Scrambled Eggs (1-2)  
Whole Grain Toast  
Apple  
Vitamins & Clean Water

### 10:00am Snack

Handful of pecans

### Lunch

Garbage Soup

Take all of your leftover vegetables or meat and add 2 cartons of chicken broth, 3 – 4 cups of tomato base (this can be a jar spaghetti sauce or stewed tomatoes or tomatoes put in a blender and pureed (my choice), 1–2 tbs. all purpose seasoning, 1tbs. cumin, ½ tsp. thyme, 1 bay leaf, ½ tsp. garlic powder, 3 tbs. onion flakes. Put it in a stew pot and cook for at least 30 minutes.

Hummus and Crackers or veggie sticks  
Vitamins & Clean Water

### 2:00pm Snack

Leftover soup

### 4:00pm Snack

Hummus and veggie sticks

### Dinner

Avocado Sandwiches (whole grain bread, spread of hummus, sliced avocado, tomatoes, cucumbers, sprouts)  
Baked sweet potato or white potato  
Sliced mango  
Vitamins & Clean Water

**We purposefully did not put serving sizes on this list. Don't worry about fat grams or calories. Just eat the right KINDS of foods. Eat until you are content but not "over-stuffed".**

**During Snack time...you do not have to eat a lot, just a few bites to keep your glucose levels optimal and take stress off of your body.**