

Puryear Performance Meals

Breakfast (Each meal contains approximately 800 calories, 125g. carbohydrate, 35g. protein, 20g. fat)

Cereal & Toast

- 2¹/₂ cup cereal (whole grains, > 3 g fiber)
- 2 cup 100% orange juice
- 1¹/₂ cup low-fat/skim milk
- 1 slice toast
- 1 Tbsp peanut butter

Yogurt & Granola

- 8 oz low-fat yogurt (plain or fruit flavored)
- 1 cup Crunchy cereal (granola, grape nuts, all bran, kashi go lean crunch)
- Piece of fruit
- 1¹/₂ cup 100% grape juice

Bagel, Toast, or English Muffin

- Bread source (2 slices or whole muffin or bagel)
- 3 Tbsp natural nut butter (peanut, almond)
- 2 cup of low-fat/skim milk
- Piece of fruit

Complete Oatmeal

- 2 packet of quick oats or 1 cup of cooked oatmeal
- 1 cup low-fat/skim milk (to drink or in oatmeal)
- 1/4 cup raisins
- 1 oz of nuts (~ 40 peanuts, 30 almonds)
- 1 Banana

Pancakes

- 4 pancake (medium size)
- 2 Tbsp nut butter
- 2 Tbsp of maple syrup, honey, or fruit jam
- Fruit (berries, whole piece, banana slice on top)
- 2 cup low-fat/skim milk
- 1 cup 100% juice

Eggs

- 2 egg + 2 egg white (scrambled, hard-boiled)
- 2 slice of toast
- 2 Tbsp 100% fruit spread
- 1 cup berries or piece of fruit
- 2 cup low-fat/skim milk
- 1 cup 100% juice

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Breakfast Smoothie and fruit

- 2 cup low-fat/skim milk
- 1 frozen banana
- 2 Tbsp peanut butter
- 1 plain low fat yogurt
- 1 piece of fruit

Lunch (Each meal contains approximately 800 Calories, 115g. Carbohydrate, 40g. Protein, 25g. Fat)

Sandwich & Veggies

- 2 slices of whole grain bread (mustard)
- 4 oz (4-6 slices) deli meat
- 1 slice cheese (cheddar, provolone, swiss)
- 1 cup raw veggies (baby carrots, bell peppers, cherry tomatoes)
- Fresh fruit
- 1 cup low-fat yogurt

Rice & Beans

- $\frac{3}{4}$ cup black beans
- 1 cup cooked brown rice
- 2 Tbsp sour cream
- $\frac{1}{4}$ cup salsa
- 4 oz. chicken breast
- $\frac{1}{2}$ Tbsp olive oil
- Stir fry vegetables
- 1 Tbsp soy sauce
- 1 cup 100% juice

Tuna salad wrap

- 1 whole wheat tortilla or pita pocket
- 1 medium can tuna (mix with a small amount of spicy mustard, mayonnaise, chopped celery, relish)
- Lettuce and tomato
- Fresh fruit
- $\frac{1}{4}$ cup mixed nuts
- 2 cups milk

Pizza

- 3 slices of veggie supreme pizza
- 1 cup low-fat/skim milk

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Soup, salad, and sandwich

- 1½ cup minestrone soup
- 6 saltines or wheat crackers (wheat thins, triscuits...)
- 2 cups mixed greens (salad)
- ½ cup fresh vegetables (salad)
- 2 Tbsp reduced fat dressing
- Ham and cheese sandwich
- 1 cup low-fat/skim milk

Nachos

- 2 oz. (~26) blue corn tortilla chips
- 2 oz. reduced fat Colby jack cheese
- ½ cup reduced fat refried beans
- ¼ cup guacamole • ¼ cup salsa
- 2 cups 100% juice

Hummus or refried beans roll-ups

- 1 cup hummus/refried beans (roasted red pepper or other)
- 3 whole wheat tortillas
- 1½ cups raw veggies
- ¼ cup veggie dip
- 1 cup chocolate milk

Dinner (Each meal contains approximately 950 Calories, 115g. Carbohydrate, 55g. Protein, 30g. Fat)

Stir-Fry

- 2 cups rice (brown, basmati, jasmine)
- 6 oz chicken breast, pork, beef, tofu, or meat replacement
- 2 cups veggies (snap peas, broccoli, mushrooms, onions)
- Seasonings (soy sauce, ginger)
- 2 cups 1%/Skim Milk

Cheese burger and baked potato

- 4-6oz ground beef (90% lean or better) or ground turkey, or boca burger, or veggie burger
 - 1 whole wheat bun, pita, bread
 - grilled or sautéed mushrooms
 - 1 slice swiss cheese
 - Toppings (salsa, mustard, olive spread, lettuce, tomato)
 - 2 Medium baked potatoes w/ skin
 - 2 Tbsp fat free sour cream
 - 2 cups Apple Juice
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Grilled meat

- 6 oz lean meat (steak or poultry)
- Bowl of salad with 1 Tbsp salad dressing
- 1 cup potato salad
- Fresh fruit
- 1 cup low-fat/skim milk

Chicken & Rice

- 6 oz. chicken breast
- 2 cup rice made with chicken broth (basmati, brown, jasmine)
- ¼ cup golden raisins (tossed with rice)
- 1 cup steamed veggies sprinkled with parmesan cheese

Tacos

- 4-6 oz lean protein (shrimp, chicken, ground beef or turkey, or grilled fish or beans ½ cup)
- 3 flour tortilla warmed
- 1 sliced avocado
- Salsa as topping
- 3 Tbsp shredded reduced cheese
- 1 ½ cup fresh fruit salad or 2 pieces of fruit (apple, oranges, banana, ...)

Spaghetti

- 2 cups spaghetti (preferably whole wheat)
- 1 cup meat sauce
- 2 cups mixed greens salad
- 2 Tbsp reduced fat dressing
- 2 cups low-fat/skim milk

Chili

- 2 cups chili with beans
- 2 Tbsp reduced fat cheese
- 6 saltines or wheat crackers (wheat thins, triscuits)
- 2 cups 100% juice

Serving Sizes: T: Tablespoon; t: teaspoon; cup: 8 oz; 4 oz ~100g; 3 oz ~palm size