

# THE ATHLETE'S PLATE

## EASY TRAINING DAY

Lower intensity workout, tapering, weight loss, or sports requiring less calorie expenditure.

**GATORADE**  
THE SPORTS FUEL COMPANY

### GRAINS + CARBS 25%

- Pasta
- Rice
- Potatoes
- Cereals
- Breads
- Legumes

### LEAN PROTEIN 25%

- Poultry
- Beef/Game/Lamb
- Fish
- Eggs
- Low-Fat Dairy
- Soy (e.g. Tofu, Tempeh)
- Legumes/Nuts\*

### FRUITS + VEGETABLES 50%

- Fresh Fruit
- Raw Vegetables
- Cooked Vegetables

### FATS

- Avocado
- Oils
- Nuts
- Seeds
- Cheese
- Butter



### HYDRATION

- Water
- Dairy/Non-Dairy Beverages
- Diluted Juice
- Flavored Beverages (Low/Zero Calorie)
- Coffee/Tea

### FLAVORS

- Salt/Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup

\* Please be advised that legumes and nuts are not complete sources of protein when consumed on their own. In order to obtain the protein benefits of these items, they should be paired with some type of grain.