

Lower to Moderate Fiber Lunch for Endurance Athletes

Midday fueling can be split into 3 separate times. One lunch and two snacks, depending on personal preference. It's important to aim for 12-20 grams of protein 5 times a day along with plenty of carbs to sustain energy and replenish nutrient stores throughout the day. Portions can vary depending on athletes needs and training regimen. Also if you notice any digestive difficulties while training, consider reducing fiber in the 3-4 hours before training (think easy to digest stuff!)

Simple packable lunches include a main dish with protein and carbs (can vary fiber or not depending on how your digestion works). Serve with a side of a fruit and a veggie to replenish nutrients used in training!

Easy to pack fruit: apples, applesauce, banana, cutie oranges, grapes, berries, cut cantaloupe

Easy to pack veggies: cherry tomatoes, baby carrots, snap peas, sliced peppers, sliced cucumbers, etc...

1. Turkey sandwich

- **Ingredients:**

- Turkey Sandwich with simple fixings (sourdough bread, 1 T mayo, 3oz sliced turkey, 1 slice cheese, lettuce, etc.)
- Side of fruit
- Side of veggies
- Almond flour crackers
- Small soft and chewy granola bar or other small sweet

- **Approximate Nutrition:**

- **Carbs:** ~75g
- **Protein:** ~30g
- **Fiber:** ~9g

2. Bagel Sandwich

- **Ingredients:**

- 1 bagel
- 2 T cream cheese
- ½ cup edamame
- 8 oz chocolate milk
- Side of fruit

- Side if veggies
 - **Approximate Nutrition:**
 - **Carbs:** ~95g
 - **Protein:** ~30g
 - **Fiber:** ~9g
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3. The Pasta & Chicken Salad

- **Ingredients:**
 - 1.5 cups cooked pasta
 - 3 oz grilled chicken breast, diced:
 - 1/4 cup diced cucumbers (peeled) and/or tomatoes:
 - 2 tablespoons light vinaigrette dressing:
 - Side of fruit
 - Side of veggies
 - **Approximate Nutrition:**
 - **Carbs:** ~85g
 - **Protein:** ~25g
 - **Fiber:** ~6-10g
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4. Finger Foods

- **Ingredients:**
 - Almond flour crackers or triscuits
 - Beef jerky or tuna salad
 - String cheese/sliced cheese
 - Side of fruit
 - Side of veggies
 - 2 Aussie Bites (Costco)
 - **Approximate Nutrition:**
 - **Carbs:** ~75g
 - **Protein:** ~24g
 - **Fiber:** ~8g
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SNACKS

Easy to pack for school!

Snack: smoothie with banana, milk, protein powder, and PB. Blend frozen bananas with milk protein powder and peanut butter, stick in the freezer for 10 minutes then pour/scoop into insulated container and stick in cooler bag.

- **Approximate Nutrition:**
 - **Carbs:** ~40g
 - **Protein:** ~30g
 - **Fiber:** ~3g
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Snack: Trail mix/ mixed nuts

- **Approximate Nutrition:**
 - **Carbs:** ~20g
 - **Protein:** ~10g
 - **Fiber:** ~3g
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Snack: Yogurt (add granola if you need it more filling)

- **Approximate Nutrition:**
 - **Carbs:** ~20-40g
 - **Protein:** ~10-20g
 - **Fiber:** ~3g