

LUNCH: MIDDAY FUEL THAT WORKS

Keep energy steady for afternoon practice, class, work, and recovery.

Lunch is often squeezed between commitments. A planned meal can prevent the afternoon crash and gives you another chance to support training, focus, and recovery.

The lunch formula

CARBOHYDRATE	PROTEIN	COLOR	FLUID
bread, wrap, rice, pasta, potato, fruit	turkey, tuna, eggs, beans, tofu, dairy	fruit and/or vegetables	water, milk/soy, other planned beverage

Mix-and-match ideas

SANDWICHES + SUBS • Turkey + cheese + veggies, with fruit and pretzels. • Tuna melt + tomato, with soup or salad. • Egg salad + greens, with crackers and fruit. • Hummus + roasted vegetables + feta in pita.	WRAPS + BOWLS • Chicken/tofu burrito bowl with rice, beans, salsa, and veggies. • Chicken + veggie pita with yogurt sauce. • Mediterranean grain bowl with chickpeas and pita. • Leftover stir-fry over rice or noodles.
DINING HALL / CAFE • Baked potato + chili + vegetables + roll. • Grilled protein + rice/potatoes + vegetables + fruit. • Soup + half sandwich + fruit or salad. • Pasta bowl with protein and vegetables.	PACKABLE • Cold pasta salad with chicken/beans and vegetables. • DIY snack plate: crackers, cheese/edamame, fruit, veggies. • Peanut butter and jelly + yogurt + fruit. • Thermos rice bowl or soup with bread.

Practice after lunch: Eat earlier when possible. If your stomach is sensitive, use familiar foods and adjust fat, fiber, spice, and portion size - then pack a simple carbohydrate top-up for later.



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