



# SAM BARR STRENGTH & CONDITIONING

Here's a sample weekly meal plan for a college athlete with a busy schedule and a tight budget. This plan focuses on providing the necessary nutrients for energy, muscle recovery, and overall well-being. Adjust portion sizes based on individual needs and preferences.

## Day One

### Breakfast:

- Oatmeal with banana slices and a tablespoon of peanut butter
- Low-fat milk

### Snack:

- Greek yogurt with honey and a handful of almonds

### Lunch:

- Whole grain wrap with turkey, cheese, lettuce, and tomato
- Carrot and cucumber sticks with hummus

### Snack (Pre-training):

- Whole grain toast with avocado

### Dinner (Post-training):

- Grilled chicken breast
- Quinoa or brown rice
- Steamed broccoli

## Day Two

### Breakfast:

- Whole grain toast with scrambled eggs and spinach
- Orange juice

### Snack:

- Cottage cheese with pineapple chunks

### Lunch:

- Chickpea salad with mixed greens, cherry tomatoes, and feta cheese

### Snack (Pre-training):

- Banana with a small handful of walnuts

### Dinner (Post-training):

- Baked fish (like tilapia or cod)
- Sweet potato wedges
- Mixed green salad with olive oil dressing



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## Day Three

### Breakfast:

- Smoothie with frozen berries, banana, spinach, and protein powder
- Whole grain toast

### Snack:

- Apple slices with a tablespoon of almond butter

### Lunch:

- Lentil soup with whole grain crackers

### Snack (Pre-training):

- Low-fat yogurt with granola

### Dinner (Post-training):

- Whole wheat pasta with tomato sauce and lean ground turkey
- Steamed green beans

## Day Four

### Breakfast:

- Cottage cheese and fruit bowl (pineapple, berries, and grapes)
- Whole grain toast

### Snack:

- Handful of trail mix (nuts and dried fruits)

### Lunch:

- Quinoa bowl with black beans, corn, salsa, and avocado

### Snack (Pre-training):

- Energy bar and a banana

### Dinner (Post-training):

- Grilled shrimp
- Brown rice
- Roasted Brussels sprouts

## Day Five

### Breakfast:

- Whole grain cereal with milk and sliced strawberries
- Orange juice

### Snack:

- Carrot and celery sticks with hummus

### Lunch:

- Turkey and vegetable stir-fry with brown rice



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## Snack (Pre-training):

- Greek yogurt with a handful of granola

## Dinner (Post-training):

- Baked chicken thighs
- Quinoa salad with mixed vegetables

## Day Six

### Breakfast:

- Whole grain bagel with cream cheese and smoked salmon
- Low-fat milk

### Snack:

- Banana and a handful of cashews

### Lunch:

- Spinach and feta omelet with whole grain toast

### Snack (Pre-training):

- Cottage cheese with sliced peaches

### Dinner (Post-training):

- Beef stir-fry with broccoli, bell peppers, and brown rice

## Day Seven

### Breakfast:

- Scrambled eggs with diced tomatoes and whole grain toast
- Orange juice

### Snack:

- Apple slices with a tablespoon of peanut butter

### Lunch:

- Tuna salad wrap with whole grain tortilla
- Carrot and cucumber sticks

### Snack (Pre-training):

- Banana with a handful of almonds

### Dinner (Post-training):

- Baked salmon
- Quinoa or brown rice
- Steamed asparagus

Remember to stay hydrated throughout the day, and if the training is intense, consider adding a sports drink or a protein shake for additional support. Adjust the plan based on individual preferences, dietary needs, and training intensity.



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## Shopping List

Here's a shopping list for this weekly meal plan. Adjust quantities based on your preferences and the number of servings you plan to prepare.

### Proteins:

- Chicken breast (boneless, skinless)
- Turkey (lean ground)
- Fish (tilapia, cod, or your preference)
- Eggs
- Greek yogurt
- Cottage cheese
- Shrimp
- Lentils (dry or canned)
- Black beans (canned)
- Canned tuna

### Grains:

- Oatmeal
- Whole grain bread
- Whole wheat wraps
- Quinoa
- Brown rice
- Whole grain pasta
- Whole grain crackers
- Whole grain bagels

### Fruits:

- Bananas
- Apples
- Oranges
- Berries (strawberries, blueberries)
- Pineapple
- Grapes
- Avocado
- Peaches



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## **Vegetables:**

Spinach  
Tomatoes  
Lettuce  
Cucumbers  
Carrots  
Broccoli  
Bell peppers  
Brussels sprouts  
Green beans  
Asparagus

## **Nuts and Seeds:**

Almonds  
Walnuts  
Cashews

## **Dairy:**

Low-fat milk  
Feta cheese  
Cheese slices  
Cream cheese  
Olive oil (for dressing)  
Butter or cooking spray

## **Pantry Staples:**

Hummus  
Whole grain crackers  
Whole grain tortillas  
Salsa  
Quinoa  
Whole grain cereal  
Peanut butter  
Almond butter  
Protein powder  
Trail mix (nuts and dried fruits)



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## **Frozen Foods:**

Mixed berries (for smoothies)  
Frozen vegetables (for convenience)

## **Miscellaneous:**

Energy bars  
Sports drink (optional for intense workouts)  
Whole wheat flour (for baking, if desired)

## **Condiments and Spices:**

Olive oil  
Salt  
Pepper  
Garlic powder  
Soy sauce  
Tomato sauce  
Herbs and spices for seasoning

## **Beverages:**

Orange juice  
Water

**The information provided here is for general informational purposes only and should not be considered as professional advice. The details provided are based on general knowledge and may not be suitable for everyone.**

**Before making any significant changes to your diet, exercise routine, or lifestyle, it is advisable to consult with a qualified healthcare professional or a registered dietitian. They can provide personalized advice based on your individual health needs, medical history, and specific dietary requirements.**

**Remember that nutritional needs vary from person to person, and what works for one individual may not work for another. It is crucial to consider your unique health circumstances when making decisions about your diet and lifestyle.**