

POWERED BY BEEF

Performance Through Protein

Balanced Nutrition

Protein

Sources include lean beef, poultry, fish, beans, dairy and nuts.



Fiber-Rich Carbs

Sources include whole-grain bread, oats, quinoa, beans and legumes, and potatoes



Fruits

Provide carbohydrates to support your energy needs and antioxidants to help against stress



Vegetables

Provide fiber to support digestion and vitamins and minerals to support the body



Dairy

Sources include milk, cheese, cottage cheese, yogurt, sour cream



Water

Aim to drink at least 1 glass of water with each meal, between meals, before exercise and after exercise



Meal Prep Tips



What is 30 Grams of Beef?



1 Burger Patty = Size of a Hockey Puck

What is a Serving of Vegetables or Fruit?



1 cup = 1 clenched fist

1/2 cup = 1 cupped hand

Use a Modular Meal Strategy to Make Meals Quick

Modular meal planning simplifies meal prep, allowing you to make a variety of dishes with a limited number of ingredients. Start with the following:

Sirloin with baked potato and steamed broccoli



Sirloin with grain salad (brown rice, onion, tomato) and steamed broccoli



Sirloin with roasted potato and Greek salad (cubed tomato, onions, cucumber, oil, vinegar, dried oregano)

