

Marie Murphy Health & Fitness

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Meal Planning

Breakfast: 1-2 items from each column of "Morning Carbohydrates". Example: banana, cereal, milk, toast and orange juice

Lunch: 1-2 items from each column of "Lunch & Dinner Carbohydrates" plus one choice from "Lunch & Dinner Proteins." Example: brown rice, broccoli, carrots, mushrooms, chicken

Dinner: 1-2 items from each column of "Lunch & Dinner Carbohydrates" plus one choice from "Lunch & Dinner Proteins." Example: pasta, asparagus, spinach, tomato, salmon

Morning Carbohydrates

Column 1	Column 2	Column 3
strawberries	dry cereal (whole grain)	water
raspberries	oat meal	orange juice
blueberries	cream of wheat	grape juice
bananas	pancakes (whole grain)	nonfat milk
honeydew	waffles (whole grain)	smoothie
cantaloupe	toast (whole grain)	herb tea
watermelon	bagels (whole grain)	

Lunch & Dinner Carbohydrates

Column 1	Column 2	Column 3
potato	asparagus	tomatoes
sweet potato	spinach	mushrooms
yams	broccoli	cauliflower
brown rice	brussels sprouts	carrots
pasta	peas	corn
noodles	green beans	onions
soup (vegetable)	cabbage	squash

Lunch & Dinner Proteins

Column 1	Column 2	Column 3
salmon	turkey (breast)	soybeans
tuna	chicken (breast)	beans (all)
sea bass	beef (extra lean)	lentils
scallops	veal	rice & beans
snapper		eggs (white)
cod		yoghurt
shrimp		dairy products

Snack Foods

Column 1	Column 2	Column 3
apple	yogurt	liquid meals
grapes	smoothie	sport drinks
peach	popcorn (without butter)	energy bars
orange	pretzels (fat free)	energy gels
banana	almonds	

Note* Complex Carbohydrates before workout/competition!
 Protein and Carbohydrates after workout/competition!
 Water intake throughout the day!