

# Marie Murphy Health & Fitness

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## Meal Planning

**Breakfast:** 1-2 items from each column of "Morning Carbohydrates". Example: blueberries, raspberries, sprouted whole grain cereal, almond milk and orange juice

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

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

### Morning Carbohydrates

Column 1	Column 2	Column 3
strawberries	sprouted whole grain cereal	water
raspberries	oats	green tea
blueberries	muesli	fat-free milk
blackberries	pancakes (whole grain)	soy milk or almond milk
banana	waffles (whole grain)	orange juice
melon	toast (whole grain)	smoothies
orange	bagels (whole grain)	black coffee

### Lunch & Dinner Carbohydrates

Column 1	Column 2	Column 3
potato	asparagus	tomatoes
sweet potato	spinach	mushrooms
brown rice	broccoli	cauliflower
quinoa	brussel sprouts	carrots
pasta	peas	corn
noodles	kale	peppers
soups	cabbage	beets

### Lunch & Dinner Proteins

Column 1	Column 2	Column 3
salmon	turkey (breast)	pulses
tuna	chicken (breast)	tofu
sardines	beef (extra lean)	soya
lake trout	pork tenderloin	tempeh
mackerel	eggs	grains
herring	yogurt	nuts
shrimp	dairy products	seeds

### Snack Foods

Column 1	Column 2	Column 3
apple	yogurt	apple slices with peanut butter
grapes	smoothie	greek yogurt with mixed berries
pear	popcorn (without butter)	red bell pepper with guacamole
orange	mixed nuts	kale chips with hummus
banana	edamame	whey protein shake

Note\* Complex carbohydrates before workout or competition!

Protein and carbohydrates after workout or competition!

Water intake throughout the day!