



Sample: Preseason Strength Training Meal Plan Week One

Start: Jun 06, 2020
End: Jun 13, 2020
Duration: 7 Day(s)
Day: Day 1 of 7

Goal: this Course will improve the results of athletic training.
Description:

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Navitent Compass
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Summary: 3100 - 3250 calorie per day meal plan based on 90 minutes of vigorous strength training and cardio training daily.

During Breakfast

[Do](#) **Trail – Vegetable Omelet (~350kcal)**

Kind: Nutritive Trail **Time:** Set Time **Steps:** 8 **Results:** **Completed:** **Duration:** 10 Minute(s)

[Do](#) **Trail – Whole Wheat Toast (~320kcal) With Breakfast**

Kind: Nutritive Trail **Time:** Set Time **Steps:** 2 **Results:** **Completed:** **Duration:** 3 Minute(s)

[Do](#) **Trail – 2% Or Whole Milk With Breakfast (~150kcal)**

Kind: Nutritive Trail **Time:** Set Time **Steps:** 1 **Results:** **Completed:** **Duration:** 20 Second(s)

[Do](#) **Trail – Hydrate With Water For Breakfast (Minimum 3 Cups)**

Kind: Nutritive Trail **Time:** Set Time **Steps:** 1 **Results:** **Completed:** **Duration:** 1 Minute(s)

Before Lunch

[Do](#) **Trail – Snack Option 1 (~425kcal)**

Kind: Nutritive Trail **Time:** Set Time **Steps:** 1 **Results:** **Completed:** **Duration:** 5 Minute(s)

During Lunch

[Do](#) **Trail – Hydrate With Water For Lunch (Minimum 3 Cups)**

Kind: Nutritive Trail **Time:** Set Time **Steps:** 1 **Results:** **Completed:** **Duration:** 1 Minute(s)

[Do](#) **Trail – Salad With Pasta And Protein Option (~580kcal)**

Kind: Nutritive Trail **Time:** Set Time **Steps:** 5 **Results:** **Completed:** **Duration:** 10 Minute(s)

[Do](#) **Trail – Banana With Lunch (~120kcal)**

Kind: Nutritive Trail **Time:** Set Time **Steps:** 2 **Results:** **Completed:** **Duration:** 30 Second(s)

After Lunch

[Do](#) **Trail – Snack Option 2 (~300kcal)**

Kind: Nutritive Trail **Time:** Set Time **Steps:** 1 **Results:** **Completed:** **Duration:** 5 Minute(s)

During Dinner

[Do](#) **Trail – Ground Beef Tacos (~555kcal)**

Kind: Nutritive Trail **Time:** Set Time **Steps:** 5 **Results:** **Completed:** **Duration:** 30 Minute(s)

[Do](#) **Trail – Whole Grain Rice With Dinner (~225kcal)**

Kind: Nutritive Trail **Time:** Set Time **Steps:** 2 **Results:** **Completed:** **Duration:** 30 Minute(s)

[Do](#) **Trail – Hydrate With Water For Dinner (Minimum 3 Cups)**

Kind: Nutritive Trail **Time:** Set Time **Steps:** 2 **Results:** **Completed:** **Duration:** 1 Minute(s)

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