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however. Eat plenty at meals, but avoid overeating. You may load up more in the morning and lighten up as practice or game time approaches:Breakfast: Scrambledeggs, whole-wheat tortilla, chopped vegetables, salsa, sliced avocado and awhole orangeSnack: Banana and a small granola barLunch: Pasta with grilled chicken and zucchiniPre-workout/game: Energy bar or whole-grain crackers and a fewslices of deli turkeyDinner: Quinoa, shrimp, steamed vegetables and yogurt or small amountof ice cream for dessert Vegetarian and especially vegan athletes who don't eat any animal products whatsoever are at risk of nutritional deficiencies if they don't carefully plan their meals. They may be short in omega-3 fatty acids that help reduce inflammation, vitamin B12, iron, zinc, calcium, iodine and vitamin D, explains research published in a 2017 issue of the Journal of the International Society of Sports Nutrition.Breakfast: Smoothie made with pea or hemp protein, fruit andalmond milkLunch: Large vegetable salad with chick peas, nut-based dressingand avocadoSnacks: Pita bread with nut butter and fresh fruitDinner: Stir-fried vegetables with tofu and brown rice Athletes, especially during the competitive season, can benefit from a little dietary support in the form of supplements. Always check with your doctor before adding supplements to your endurance athlete diet and make sure that the brand you choose is of the highest quality.Certain supplements can assist in glycogen restoration, boosting immunity and muscle regeneration. Whey protein is one of the more well-known supplements that can be added to water, milk, juice or smoothies as a quick post-workout meal to help with muscle growth. Sports Medicine reported in a review published in 2017 that whey is rich in an amino acid known as leucine and can thus help boost muscle protein synthesis, fostering repair and growth.The review also suggested that supplements of vitamin D, omega-3 polyunsaturated fatty acids, creatine, antioxidants and collagen/vitamin C can help encourage optimal recovery, especially when you have intense practices or competitions scheduled close together.Curcumin and bromelain may be other beneficial supplements to aid in recovery, but more research is needed.

**Athlete diet plan. Meal plans athletes. Meal plans for athletes to gain muscle. What should athletes eat in a day.**