

Training Camp Meal Planning

Meal planning is a great tool utilized by most high performance athletes. Meal planning helps you save time and money, achieve a more balanced diet, and ensure better preparation for training and competition. Experience heightened recovery, setting the stage for sustained success!

Use the tables below to plan out one week of meals and snacks. Be sure to plan balanced snacks using Nutrition Principle #2. Check out csiontario.ca/resource-hub for easy recipe ideas! Once you've planned out your week, use the second page to prepare your grocery list.

| MONDAY | | |
|-----------|-------|--------|
| Breakfast | Lunch | Dinner |
| Snack | Snack | |

| TUESDAY | | |
|-----------|-------|--------|
| Breakfast | Lunch | Dinner |
| Snack | Snack | |

| WEDNESDAY | | |
|-----------|-------|--------|
| Breakfast | Lunch | Dinner |
| Snack | Snack | |

| THURSDAY | | |
|-----------|-------|--------|
| Breakfast | Lunch | Dinner |
| Snack | Snack | |

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| FRIDAY | | |
|-----------|-------|--------|
| Breakfast | Lunch | Dinner |
| Snack | Snack | |

| SATURDAY | | |
|-----------|-------|--------|
| Breakfast | Lunch | Dinner |
| Snack | Snack | |

| SUNDAY | | |
|-----------|-------|--------|
| Breakfast | Lunch | Dinner |
| Snack | Snack | |

| GROCERY LIST | | |
|--------------|----------|--------------------|
| Produce: | Meat: | Cereal/Dry/Canned: |
| Dairy: | Freezer: | Other: |