



Animal-Forward Meals, Grab-and-Go Staples & Pre-Workout Fuel

A comprehensive nutrition guide designed for student athletes and busy fitness enthusiasts. This guide provides quick, practical meal options that prioritize protein, strategic carb timing, and zero-prep convenience foods to keep you fueled and on track with your goals.



How to Use This Guide

01

Any-Day Meal Options

Quick, student-friendly ideas for breakfast, lunch, and dinner. Breakfasts and lunches are lower-carb and animal-forward; dinners are fully low-carb. Mix and match freely.

02

Lean & Easy Grab-and-Go

Zero-prep staples and specific products to keep you on track when busy or traveling. Scan labels for 15-30g protein per serving.

03

Pre-Workout Fuel Guide

Exactly when and how many carbs to eat before training. Use this as your higher-carb window while keeping the rest of the day lower-carb during a cut.



Breakfast Options

Quick Protein-Packed Starts

- Egg & cheese scramble + salsa (no tortilla)
- Whey protein smoothie with milk, frozen berries, spinach
- Turkey sausage links + eggs
- Turkey bacon & eggs
- Hard-boiled eggs + string cheese
- Avocado + scrambled eggs

Elevated Morning Meals

- Omelet with rotisserie chicken + peppers/onions
- Smoked salmon & eggs + cucumber
- Steak & eggs (3-4 oz) + sautéed spinach
- Ham & egg roll-ups with cheese
- Breakfast burrito bowl (eggs, peppers, salsa)

Lunch & Dinner Solutions

Lower-Carb Lunches

- Rotisserie chicken salad with olive oil + lemon
- Turkey & cheese roll-ups + raw veggies
- Shrimp & avocado salad
- Beef taco salad with lettuce, pico, salsa
- Chicken stir-fry over steamed veggies

Low-Carb Dinners

- Air-fryer chicken thighs + roasted broccoli & zucchini
- Salmon + cauliflower rice + asparagus
- Zucchini noodles + turkey meat sauce
- Garlic shrimp + sautéed spinach & tomatoes
- Pork chops + mushrooms & green beans



Lean & Easy: Zero-Prep Staples

Let's be real—sometimes you just don't feel like cooking. Whether you're busy, tired, or just over the idea of meal prep, this guide's got your back with convenient, protein-rich options that require minimal effort.



Ready-to-Go Basics

Eggs, egg whites, sliced turkey/ham, rotisserie chicken, microwaveable rice cups, rice cakes, nut butter packs, avocados



Quick Prep Items

Items that need 5 minutes or less: microwave meals, protein bars, yogurt cups, pre-cooked proteins



High-Protein Focus

Scan labels for 15-30g protein per serving. Swap any foods you avoid for similar protein options

Top Grab-and-Go Products

Real Good

Chicken

Tenders

130 cals, 23g

protein, 4g carbs,

2g fat

Prep: Oven 18-21

mins at 400°F

Oikos Protein

Yogurt

90 cals, 15g

protein, 7g carbs

Prep: Zero - grab
and go

Pure Protein

Bar

180 cals, 21g

protein, 17g

carbs, 7g fat

Prep: Zero - perfect
on-the-go fuel

Kodiak Power

FlapJacks

14g protein, 28g

carbs, 2.5g fat

Prep: Toaster/oven
3-4 minutes

Healthy Choice & Lean Cuisine Meals

Healthy Choice Options



Grilled Chicken Marsala: 180 cals, 17g protein, 21g carbs, 3g fat

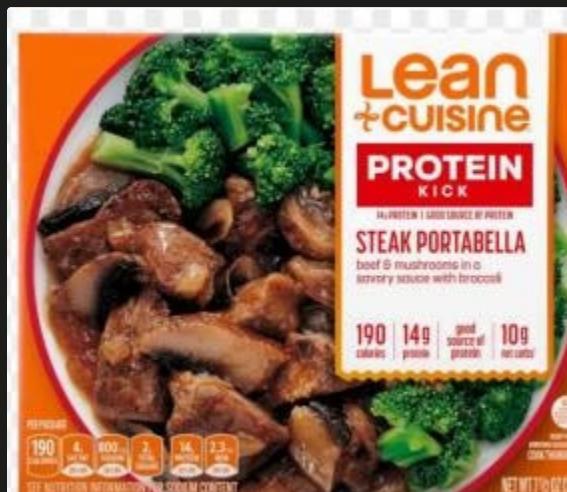


Chicken & Broccoli Alfredo: 190 cals, 28g protein, 8g carbs, 5g fat



Power Bowl Adobo Chicken: 360 cals, 26g protein, 31g carbs, 15g fat

Lean Cuisine Options



Steak Portabella: 190 cals, 14g protein, 13g carbs, 9g fat



Herb Roasted Chicken: 180 cals, 18g protein, 16g carbs, 4.5g fat



Alfredo Pasta with Chicken: 280 cals, 20g protein, 39g carbs, 5g fat

Both brands offer many more meal options. Check your local grocery store for the full selection of high-protein, portion-controlled meals.

Pre-Workout Fuel: Why Carbs Matter

1 Fuel Your Performance

Carbohydrates are your body's preferred fuel during exercise. Eating the right amount at the right time tops up muscle glycogen, stabilizes blood sugar, and helps you train harder for longer.

Timing & Carb Targets

Time Before Training	Carb Target*	Goal
3-4 hours	1-2 g/kg body-weight	Full glycogen top-up & balanced digestion
1-2 hours	0.5-1 g/kg	Lighter fuel, low-moderate fiber/fat
30-60 min	20-30 g quick carbs	Rapid energy, minimal fat & fiber

*Adjust up/down for session length & intensity

Carb Power List & Meal Ideas

Complex / Slow-Release

- Rolled oats – 27g / $\frac{1}{2}$ cup dry
- Brown rice – 45g / cup cooked
- Sweet potato – 26g / medium
- Whole-grain bread – 12g / slice

Fast / Easy-Digesting

- Banana – 27g / medium
- Medjool dates – 18g / date
- Honey – 17g / tablespoon
- Rice cakes – 7g / cake
- Pretzels – 22g / ounce

3-4 Hours Out (50-80g carbs)

Chicken Burrito Bowl: 1 cup brown rice, 4 oz grilled chicken, salsa, veg (\approx 60g C)

Teriyaki Chicken Rice Bowl: 1 cup jasmine rice, 4 oz chicken, stir-fry veg, 1 orange (\approx 70g C)

1-2 Hours Out (30-50g carbs)

Power Oatmeal: $\frac{1}{2}$ cup oats, 1 banana, cinnamon (\approx 45g C)

Rice Cakes & PB&J: 3 rice cakes, 2 tbsp PB, 1 tbsp jam (\approx 38g C)

30-60 Minutes Out (20-30g)

Banana + Honey: 1 banana, 1 tbsp honey (\approx 35g C)

Stuffed Dates: 3 dates with almond butter (\approx 25g C)



Quick Tips for Success

1 Keep Fat & Fiber Low

As training nears, minimize fat and fiber to prevent stomach upset and ensure quick digestion

2 Hydrate Consistently

Drink 8-12 oz water alongside each meal or snack to optimize performance and digestion

3 Test New Foods

Try unfamiliar foods on light training days before big races or heavy sessions to avoid surprises

4 Personalize Portions

Adjust portions based on your body-weight, workout demands, and coach-set macros for optimal results