Building Our Plate: Lunch & Dinner

How hard is your training day? **Broccoli Body** Chicken **Berries** weight **Easy Moderate** Hard **Training Day Training Day Training Day** 1/2 cup of broccoli 1/2 cup of broccoli 1 cup of broccoli **50** 115 g chicken breast 115 g chicken breast 115 g chicken breast 1.5 cups of cooked 1.5 cups of cooked 1.5 cups of cooked Kg quinoa + bread quinoa rice 1/2 cup of 1 cup of blueberries 1/2 cup of blueberries blueberries 1/2 cup of broccoli 1/2 cup of broccoli 1/2 cup of broccoli 115 g chicken breast 115 g chicken breast 115 g chicken breast 60 1.5 cups of cooked 1.5 cups of cooked 1.5 cup of cooked rice + bread quinoa + bread quinoa Kg 1/2 cup of 1/2 cup of 1 cup of blueberries blueberries blueberries 1/2 cup of broccoli 1 cup of broccoli 1/2 cup of broccoli 115 g chicken breast 115 g chicken breast 115 g chicken breast **70** 1.5 cups of cooked 1.5 cup of cooked 2 cups of cooked rice quinoa + bread quinoa + bread + bread Kg 1/2 cup of 1 cup of blueberries 1/2 cup of blueberries blueberries

Building Our Plate: Lunch & Dinner

How hard is your training day? Rice Green Salmon Salad **Body** Watermelon weight **Easy Moderate** Hard **Training Day Training Day Training Day** 120 g salmon 120 g salmon 120 g salmon **50** 1 cup cooked rice 1.5 cups cooked 1.5 cups cooked rice + bread 1/2 cup rice Kg watermelon 1 cup watermelon 1 cup watermelon Small green salad Small green salad Small green salad 120 g salmon 120 g salmon 120 g salmon 1.3 cups cooked 1.5 cups cooked 1.5 cups cooked 60 rice rice + bread rice + bread 1/2 cup 1/2 cup 1/2 cup Kg watermelon watermelon watermelon Small green salad Small green salad Small green salad 120 g salmon 120 g salmon 120 g salmon 2 cups cooked rice 1.5 cups cooked **70** 2 cups cooked rice + bread rice 1/2 cup 1 cup watermelon 1/2 cup Kg watermelon watermelon Small green salad Small green salad Small green salad