

## One On One Kicking Nutrition and Diet Tips and Tricks

When planning your diet for the day, put your carbohydrates as early in the day as possible. Protein should be included in every meal.

Eggs can be the best friend of the training athlete. The whites are high in lean protein and the yolks in smaller doses can add vital nutrients. Eggs also last for a long time in the fridge so keeping them around is easy. If you ever do not know what to eat eggs are a easy go to food

How cook once and have several good egg meals

1. add Pam cooking spray to a non-stick pan
2. sauté vegetables in pan good ideas are: Mushrooms, peppers and onions
3. break desired amount of eggs into a bowl use only about ½ the yolks less if you are trying to limit calories
4. beat eggs and add black pepper to taste
5. add eggs to pan

For this point there are two methods that can be used:

To make egg wraps

1. scramble the eggs you just added to the pan as they cook



2. At this point, you can add cheese to the eggs, but keep in mind while cheese adds creaminess and flavor, it also adds unwanted fat calories to meal.



3. Continue to scramble eggs until they are fairly firm and dry, but not burnt (a good way to dry eggs is to stir them in the pan after you have turned of the heat)



4. Roll eggs into Mission whole wheat carb balance wraps burrito size.



5. wrap egg wraps in aluminum foil and place in fridge

#### To make Frittatas'

1. let eggs cook in pan undisturbed
2. when eggs cook about  $\frac{1}{2}$  way through put pan into oven on broil
3. cook eggs in oven with the door open and the pan handle facing out until eggs are fluffy and lightly browned on top
4. take eggs out of oven and let them cool a bit
5. slice eggs like a pizza and store in fridge.

For variety things such as turkey, imitation crab, real crab, or left over hamburgers can be added when you pour in eggs.

## **More Snacks and Meals**

### **Chocolate Peanut Butter Oatmeal**

2 Scoops Whey Protein Isolate (chocolate)  
2 Tablespoons Skippy Natural Peanut Butter  
½-1 cup Oatmeal  
Cinnamon to taste

1. Put desired amount of oats in a bowl with plenty of extra space.
2. Add peanut butter.
3. Add water to cover oats.
4. Microwave for 1 minute, 15 seconds.
5. Stir in protein powder and cinnamon.

Carbohydrates will vary between 30-60 grams depending on the amount being used. Oats are a great slow burning carb that has a high amount of fiber.

I prefer Skippy Natural peanut butter because it does not separate like a lot of natural peanut butter. Stay away from non-natural peanut butter; they often contain added sugar and unhealthy fats. Natural peanut butter is a good source of protein, calories and healthy fats.

If a lower calorie dish is desired, simply lower the amount of oatmeal and, if necessary, the amount of peanut butter.

### **Protein Cereal**

2 Scoops Whey Protein Isolate (any flavor)  
½-1 cup Cereal  
½-1 cup Milk or Water

1. Mix protein powder in bowl with water or skim milk.
2. Add ½ -1 cup cereal.
3. Stir well.

Select a cereal that is high in fiber and low in sugar (no more than 5g per serving)

# High Protein

## Omelets To-Go

Ingredients:

- egg beaters, or all whites, or real eggs (use three whites/one yolk)
  - grated parmesan
  - deli ham or turkey slices
  - chopped onion, bell peppers, olives, etc (optional)
  - salt, pepper
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- Preheat oven to 350.
  - Line a cupcake pan w/ cupcake liners, if you have them, or just spray w/ cooking spray.
  - Line each cup w/ sliced ham. Add chopped veggies and a Tbsp or less of cheese to each cup.
  - Beat eggs w/ pepper and salt (use salt sparingly!) and distribute between baking cups, filling each one no more than 2/3 full. Bake until cooked through

## Cajun Tuna Burgers

Ingredients:

- About 2 cans Chunk white or solid albacore tuna in water (or wild Alaskan salmon)
  - Oats (quick cooking or old fashioned)
  - 1 egg or egg substitute
  - pepper, salt, and or Cajun seasonings/taco seasonings, garlic powder
  - chopped onion and celery (optional)
  - Lemon or lime juice
  - Mustard (pref. spicy brown or Dijon)
  - 1 tbsp canola mayonnaise or light mayo
  - 1 packet of splenda
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- In mixing bowl, beat egg, lemon juice, mustard, mayo, and Splenda, until thoroughly combined.
  - Stir in tuna and chopped onion and celery.
  - You can then either gradually mix in the oat crumbs and then form mixture into patties, or make patties first and then bread each one with the oat crumbs.
  - Preheat skillet or frying pan to medium, and spray w/ nonstick cooking spray.
  - Add patties and cook until outside is crispy and golden brown.

Serve either on a whole wheat bun, low carb wrap or on salad

\*\*Tip: If you use cream based salad dressing (Ranch, 1000 island etc.) mix equal parts salad dressing w/ nonfat plain yogurt, lowfat yogurt, or fat free sour cream. It will taste just as good, and keep you from taking in way too much extra fat for one meal.

## **One on One Kicking**

### Training day sample diet

#### **Meal one**

3 whole eggs 3 whites

2 slices whole wheat bread

Add mushrooms, spinach, or peppers to eggs to taste

#### **Meal 2**

Chocolate peanut butter protein powder

(see recipe)

#### **Meal 3**

Cereal with protein powder

#### **Pre workout**

Protein shake 30-50g of protein per serving

#### **Post workout**

Protein shake 30-50g of protein per serving

#### **Meal 4**

8oz chicken or salmon

Medium to small sweet potato or yam

Green veggies

#### **Meal 5**

2 cups lightly salted peanuts in shell

-this diet is only an example, include about a gallon of water or crystal light a day

-order of food based around an afternoon work out, if you train at a different time

move the protein shakes around your workout and continue with the meals