

Foods and edible things

Wake-up and pre-breakfast:

Apple

Breakfast:

Cereal and milk: Rice Krispies, Corn Flakes, Cheerios, Kashi

Protein shake

Morning snacks:

Cream of wheat, grits, oatmeal with honey

Hard boiled eggs, meat (lunch meat or jerky)

Lunch:

Big salad with proteins

Meats

Beans

Eggs

Afternoon snack:

Seeds

Veggies

Chips & guacamole or refried beans and cheese

Dinner:

Meat: beef, steak, chicken, ground turkey, fish

Veggies

Fruit

Pre-bed:

Toast (buttered)

Protein addition?

On the bike:

Tortillas, bread, bagels

Gatorade or powerade, weakly mixed