

# Tips for Female Athletes

## Breakfast



**Turkey egg cheese tomato  
bagel + grapes  
+ water/milk  
\*Fuel your DAY Strong!**

## Lunch



**Grilled chicken rice veggie  
bowl, apple, pretzels & water  
\*600 kcal to support  
afternoon training**

@Nutrition\_with\_Wendi



## 2 Quality snacks between meals

- Fruit cup + string cheese
- Greek yogurt oat parfait
- Pretzels + hummus or Rx protein bar



**Post-workout  
chocolate milk +  
creatine + banana!  
3:1 CHO protein ratio**



**100 oz of fluid daily  
Sleep 7-9 hours  
3 balanced meals  
2 snacks  
RECOVERY IS KEY!**

# Nutrition And The Female Athlete

**L Towne**



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