

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

ML Yell



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