

Sprinter Meal Plan

High protein (1.6-2g/kg), moderate-high carbs (timed around training), moderate fats. Focus on lean proteins, complex carbs, veggies.

Daily structure (adjust portions by weight/training):

- Breakfast: 4-5 eggs + whole grain toast or oats + banana + avocado. (Protein + carbs for energy.)
- Pre-training snack (1-2h before): Greek yogurt + berries + handful rice cakes or fruit.
- Post-training meal: Chicken breast or salmon + rice/sweet potato + veggies. (Quick carbs + protein recovery.)
- Lunch: Grilled turkey or fish + quinoa/pasta + large salad + olive oil.
- Afternoon snack: Protein shake + apple + nuts.
- Dinner: Lean beef or chicken + sweet potato + steamed broccoli + brown rice.
- Evening snack (if needed): Cottage cheese + pineapple or casein shake.

Key foods: Eggs, chicken, fish, turkey, oats, rice, sweet potatoes, fruits (banana, mango), greens, low-fat dairy. Hydrate heavily.

Timing: Most carbs pre/post workout.

This supports power, muscle maintenance, low body fat.