

# Performance Point

**High Quality Nutrition  
Starts With a Plan!**



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Creating a weekly meal plan will ensure that you eat well, even when you are tired or in a time crunch due to a busy training schedule. Meal planning is a simple process and will take the last minute scramble out of mealtime. You will avoid extra trips to the grocery store and will not need to turn to fast food in a pinch. High quality nutrition is all about planning ahead and being prepared.

## **5 Steps to Create a Winning Diet**

### **1. Look at your schedule**

On days when you know you won't have time to cook, plan to use leftovers or meals that you can make ahead of time, or plan to make portable meals that can be eaten on the run.

### **2. Make a menu**

Keeping your schedule in mind, decide on three or more main meals you can make during the week. Choose healthy snacks for before and after training. Use the "[Let's Make a Meal](#)" menu planner form to record your weekly meal plan (please see the link below).

[http://www.dietitians.ca/public/content/eat\\_well\\_live\\_well/english/menuplanner/weekly\\_planner.pdf](http://www.dietitians.ca/public/content/eat_well_live_well/english/menuplanner/weekly_planner.pdf)

### **3. Write a grocery list**

Make a shopping list with the basics including vegetables and fruit, high fiber cereal, wild rice, whole wheat bread and multigrain pasta, dairy, lean meat, fish, poultry, eggs, beans and nuts. Add any other items that you will need to make the meals and snacks for the week.

*Tip: You can use convenience foods like pre-washed greens, frozen vegetables, canned fish or rotisserie chicken to save yourself the chore of washing, chopping and peeling.*



### **4. Shop**

This is the hard part: stick to your grocery list. Read the aisle signs. Do you need to go there? Avoid the cookie, candy and chip aisles. Just don't go! Look straight ahead, pick up your pace, you'll be empowered!

*Tip: Aim for at least 2 whole fruits and 2 cups of vegetables every day. This equals 15-20 pieces of fruit and at least 14 cups of vegetables in your grocery cart every week!*

### **5. Start cooking**

Refer to your meal plan posted on the fridge, but you can be flexible about which meal you choose on a given day. Make extras and store the leftovers in the fridge or freezer for consumption at a busier time.

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