



2300-
CALORIE
MEAL PLAN
FOR
ATHLETES

FITSGUIDER.COM



DAY 1



Breakfast

Oatmeal with almond butter, chia seeds, and sliced banana (Complex carbs and healthy fats for sustained energy)

Benefits: carbs for sustained energy, healthy fats for brain function, and fiber for improved digestion and heart health.



Snack

Greek yogurt with honey and mixed berries (Protein and carbs)

Benefits: Delivers a rich source of protein for muscle repair, and antioxidants from berries to boost immune health.



Lunch

Grilled chicken breast with quinoa and roasted vegetables (Lean protein and healthy carbs)

Benefits: Offers lean protein for muscle building, essential vitamins from vegetables to support overall health.



Snack

Whole grain crackers with hummus and carrot sticks

Benefits: Provides fiber for digestive health, antioxidants from carrots to support eye health.



Dinner

Salmon with sweet potatoes and steamed broccoli (Omega-3s for anti-inflammatory benefits)

Benefits: Rich in omega-3s for reducing inflammation, and broccoli offers vitamins for immune support



DAY 2



Breakfast

Whole grain toast with avocado and poached eggs (Healthy fats and protein)

Benefits: Delivers healthy fats for heart health, protein for muscle repair,



Snack

Mixed nuts and a small apple

Benefits: It provides healthy fats for brain function, and antioxidants from the apple to boost immunity.



Lunch

Turkey sandwich on whole wheat bread with lettuce, tomato, and mustard

Benefits: Offers lean protein for muscle maintenance, and vitamins from veggies to support overall health.



Snack

Cottage cheese with pineapple (Protein and healthy carbs)

Benefits: Healthy carbs from pineapple are for quick energy and digestion support.



Dinner

Grilled tofu stir-fry with brown rice and mixed vegetables

Benefits: fiber-rich brown rice for sustained energy, and vitamins from vegetables to boost immunity



DAY 3



Breakfast

Smoothie with spinach, protein powder, mixed berries, and almond milk

Benefits: Provides a rich source of vitamins, antioxidants, and protein to support overall health and muscle recovery.



Snack

Hard-boiled eggs and a small orange

Benefits: essential nutrients, plus vitamin C and fiber for immune support and digestive health.



Lunch

Tuna salad with whole grain crackers and a side of mixed greens

Benefits: lean protein, healthy fats, and fiber, along with essential vitamins and minerals



Snack

A handful of trail mix (Healthy fats and carbs)

Benefits: Provides a quick source of healthy fats, protein, and carbohydrates for sustained energy and nourishment.



Dinner

Chicken stir-fry with brown rice and a medley of vegetables

Benefits: Supplies lean protein, complex carbohydrates, and a variety of vitamins and minerals



DAY 4



Breakfast

Greek yogurt parfait with granola, chia seeds, and sliced strawberries

Benefits: Offers a mix of protein, fiber, healthy fats, and antioxidants for a satisfying and nutritious snack.



Snack

Peanut butter on whole-grain crackers

Benefits: Provides a combination of healthy fats, protein, and fiber for sustained energy and satiety.



Lunch

Grilled chicken wrap with whole wheat tortilla, spinach, and hummus

Benefits: Delivers lean protein, fiber, and essential nutrients for a balanced meal



Snack

Celery sticks with almond butter

Benefits: Offers a crunchy, nutrient-rich snack with healthy fats, protein, and fiber



Dinner

Baked cod with quinoa and roasted Brussels sprouts

Benefits: Provides lean protein, complete grains, and a variety of vitamins and minerals



DAY 5



Breakfast

Scrambled eggs with spinach, mushrooms, and whole grain toast

Benefits: Supplies protein, fiber, and essential nutrients for a hearty and balanced breakfast



Snack

Protein bar with at least 15g of protein

Benefits: Delivers a convenient source of high-quality protein to support muscle repair



Lunch

Lentil soup with a side of whole grain bread

Benefits: Provides a hearty mix of protein, fiber, and complex carbohydrates



Snack

Small banana with a tablespoon of peanut butter

Benefits: Combines natural sugars with healthy fats and protein for a satisfying, energy-boosting snack.



Dinner

Grilled turkey burger with sweet potato fries and a mixed green salad

Benefits: Offers lean protein, complex carbohydrates, and a variety of vitamins and minerals



DAY 6



Breakfast

Overnight oats with chia seeds, almond milk, and blueberries

Benefits: Provides a fiber-rich, nutrient-dense breakfast with healthy fats, antioxidants,



Snack

A handful of almonds and a small apple

Benefits: Combines healthy fats and fiber with natural sugars and vitamins for a satisfying and nutritious snack.



Lunch

Grilled shrimp quinoa salad with avocado and mixed greens

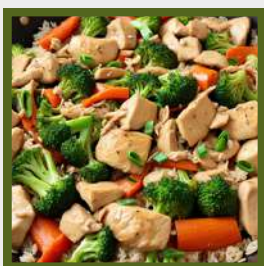
Benefits: Delivers lean protein, healthy fats, and a variety of vitamins and minerals



Snack

Low-fat string cheese and whole-grain crackers

Benefits: Provides a balance of protein, calcium, and fiber for a satisfying and nutritious snack.



Dinner

Chicken stir-fry with broccoli, carrots, and brown rice

Benefits: Offers lean protein, fiber, and essential vitamins and minerals



DAY 7



Breakfast

Smoothie bowl with spinach, protein powder, chia seeds, and mango

Benefits: Provides a blend of protein, fiber, and vitamins with antioxidant-rich mango



Snack

Low-fat Greek yogurt with a sprinkle of granola

Benefits: Offers a protein-rich base with added fiber and crunch



Lunch

Turkey and avocado sandwich on whole grain bread with a side of mixed greens

Benefits: Provides lean protein, healthy fats, and fiber with essential vitamins and minerals



Snack

A boiled egg with whole-grain toast

Benefits: Combines high-quality protein with fiber for a satisfying and nutrient-rich breakfast.



Dinner

Baked salmon with farro and roasted vegetables

Benefits: Delivers omega-3 fatty acids, complete grains, and a variety of vitamins and minerals

BOOST YOUR STAMINA AND ACHIEVE OPTIMAL HEALTH

This 2300-calorie meal plan is carefully designed to provide athletes and runners with the essential nutrients needed to fuel your performance, promote recovery, and enhance stamina.

By balancing carbohydrates, proteins, and healthy fats, you'll support muscle growth, sustain energy levels throughout the day, and improve overall health. Sticking to this routine will help you build endurance, optimize your workouts, and maintain a lean, strong body.

To keep receiving similar expert advice, meal plans, and fitness tips, follow us on our social media channels. At Fits Guider, we're committed to offering all the tools and guidance you need to achieve your fitness goals—free of charge. Let's journey together towards a healthier, fitter you!

