

What Do Athletes REALLY Eat?

# SD LEGION

Major League Rugby Team



EGG WHITES - GRILLED CHICKEN - WHOLE WHEAT PASTA - ALMONDS - FRESH FRUIT - PASTA -



While advertisements may lead you to think that athletes eat fast food and energy drinks, the reality is very different. This is a look at one team's recommended menu for players.

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[waveCrestCafe.com](http://waveCrestCafe.com)



# What Do Athletes REALLY Eat?

Game-day menu guidelines for  
San Diego's Major League Rugby team

## BREAKFAST

**PROTEIN (Build) Choose from:**  
Eggs; Egg whites; Greek yogurt;  
Soy milk; Low-fat milk

**GRAINS (Fuel) Choose from:**  
Oatmeal; Grits; Whole wheat bread;  
Whole wheat bagel; Potatoes (roasted  
or baked); Assorted fruit

**FATS (Protect) Choose from:**  
Avocado; Nuts (almonds, cashews,  
Pistachios, walnuts); Seeds (chia,  
ground flaxseed, pumpkin, sesame,  
sunflower)

## SNACK

**PROTEIN (Build) Choose from:**  
Turkey; Soy milk; Greek yogurt (plain)

**GRAINS (Fuel) Choose from:**  
Whole wheat bread; Assorted fruit;

**FATS (Protect) Choose from:**  
Avocado; Almond butter; Nut butter;  
Peanut butter

**OTHER ITEMS Choose from:**  
100% fruit juice (no sugar added); Fruit  
smoothies (fruit, Greek yogurt, Soy milk)

## PRE-GAME

**PROTEIN (Build) Choose from:**  
Grilled chicken; Turkey; Salmon; Tilapia;  
Tuna; Hard-boiled eggs; String cheese

**GRAINS (Fuel) Choose from:**  
Brown rice; beans and/or lentils;  
Whole wheat pasta; Whole wheat  
tortilla; Potatoes (roasted or baked);  
Assorted fruit

**FATS (Protect) Choose from:**  
Avocado; Olive oil; Nuts (almonds,  
cashews, Pistachios, walnuts); Seeds (chia,  
ground flaxseed, pumpkin, sesame,  
sunflower); Almond butter; nut butter  
or peanut butter

## POST-GAME MEAL

**PROTEIN (Build) Choose from:**  
Grilled chicken; Turkey; Salmon;  
Tilapia; Tuna

**GRAINS (Fuel) Choose from:**  
Brown rice; Beans and/or lentils;  
Whole wheat pasta; Whole wheat tortilla;  
Potatoes (roasted or baked); Assorted fruit

**FATS (Protect) Choose from:**  
Avocado; Olive oil; Nuts (almonds,  
cashews, Pistachios, walnuts); Seeds (chia,  
ground flaxseed, pumpkin, sesame,  
sunflower); Almond butter; nut butter  
or peanut butter



Game-day menu list courtesy of SD Legion; Food images from WaveCrest Cafe.

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