

MEAL PLANNING FOR ATHLETES

3-Day Fuel Planner + Grocery Guide

BUILT FOR ATHLETES AND ACTIVE INDIVIDUALS WHO WANT TO
FUEL SMARTER, PREP FASTER, AND PERFORM BETTER.



ALLISON STREET NUTRITION

MEAL PLAN LIKE A PRO



Hi, I'm Allison,

A Registered Dietitian and Certified Specialist in Sports Dietetics helping to fuel athletes and high-performing pros with purpose so they can train harder, recover faster, and compete stronger.

This 3-Day Fuel Planner + Grocery Guide isn't just about food—it's about discipline. Most athletes don't fall short because of effort, but because they don't have a plan. This helps you stay consistent and intentional.

This guide helps you carve out just 5-10 minutes a day to plan like a pro and set yourself up for the week ahead. Inside, you'll find **3 full days of example meals and snacks, a list of "Winning Groceries" to stock your kitchen, and a ready-to-go grocery list** pulled straight from those meals to jumpstart your prep.

Having a game plan—and executing it—is what separates the good from the GREAT. If this gets you motivated and you're ready for more, keep an eye out for my upcoming guide: "An Athlete's Complete Guide to Grocery Shopping and Meal Planning". It's already helped thousands of athletes take their nutrition game to the next level...and it's coming soon.

💡 Quick Notes: These are general meal and snack ideas—not a full nutrition plan for every athlete or active individual.

- If you already have some ingredients on hand—amazing! No need to buy more.
- As you level up your meal prep game, you'll naturally start keeping key staples stocked to make cooking easier and less stressful.
- The grocery list includes everything you'd need if starting from scratch.
- All recipes are available at allisonstreet.com.

LET'S GET STARTED,

allison street ms, rd, ldn, cssd

examples of...

WINNING GROCERIES

CARB RICH FOODS	PROTEIN RICH FOODS	VEGETABLES	FATS
Whole Wheat Pasta Brown/White Rice Whole Wheat Bread Hotdog/Hamburger Bun Corn/Flour Tortilla Whole Grain Wraps Potatoes/Sweet potatoes Corn Mashed Potatoes Squash Peas Beans/Lentils	Tuna Salmon Shrimp Tilapia Cod Chicken Turkey/Ground Turkey Beef/Pork Sirloin Steak Ground Sirloin/Round (90/10) Pork Tenderloin Roast Beef <u>Plant Based</u> Kidney/Black/Lima/Pinto/ Garbanzo beans Baked Beans Black-Eyed peas Lentils Split Peas Soybeans Tofu <u>Dairy/Dairy Substitutes</u> Milk Chocolate Milk Greek Yogurt Cottage Cheese String Cheese Cheddar, Swiss, American, Provolone Soymilk	Spinach Romaine Lettuce Asparagus Broccoli Brussel Sprouts Collards Cucumber Green Beans Zucchini Cabbage Cauliflower Onions Tomatoes Bell peppers Tomato Sauce Carrots Eggplant <u>FRUITS</u> Apples Cherries Raspberries Strawberries Blackberries Watermelon Grapefruit Banana Cantaloupe Pineapple Orange Nectarine/Peach Blueberries Grapes Plums Raisins Kiwi	<u>Choose Often:</u> Nuts/Seeds Nut/Seed butters Avocado Olive/Canola Oil Butter Margarine Ground Flaxseed Mayo with Olive Oil Reduced Fat Salad Dressing Transparent Salad Dressings (Italian, Balsamic Vinaigrette, etc) <u>Choose LESS Often:</u> Butter Mayonnaise Half 'n Half Bacon Pork Sausage Fried Meats Fried foods Cookies Cakes Candy Sweets

THESE GROCERIES ARE SOME IDEAS AND RECOMMENDATIONS I FREQUENTLY GIVE OUT OR APPROVE OF. THIS IS NOT AN EXHAUSTIVE LIST AND MORE CAN BE FOUND IN MY "ATHLETE'S GUIDE TO MEAL PLANNING AND GROCERY SHOPPING"

FUEL PLANNER

Week of: _____

Monday	Tuesday	Wednesday
BREAKFAST Cheese, onion, tomato, spinach Omelete w/ roasted potatoes & berries	BREAKFAST Whole wheat protein pancakes, turkey bacon, and fresh kiwi	BREAKFAST Eggs, oatmeal, Greek yogurt, strawberries, almonds
LUNCH Buffalo Chicken Sandwich	LUNCH BBQ Chicken Quesadilla	LUNCH Beef & Broccoli w/ Jasmine rice
DINNER Salmon, orzo and tomato salad, & asparagus	DINNER Pasta with turkey Bolognese & shaved Parmesan	DINNER One-pan chicken thighs, potatoes and Brussels sprouts
SNACK Greek yogurt w/ blueberries, granola, chia seeds & honey	SNACK Whole wheat crackers, cheddar cheese, apple	SNACK Protein smoothie
Thursday	Friday	Saturday
BREAKFAST _____ _____	BREAKFAST _____ _____	BREAKFAST _____ _____
LUNCH _____ _____	LUNCH _____ _____	LUNCH _____ _____
DINNER _____ _____	DINNER _____ _____	DINNER _____ _____
SNACK _____ _____	SNACK _____ _____	SNACK _____ _____
Sunday	NOTES: Reminder to take 5 minutes to think through your week's schedule as it may relate to how and what to prep for your days. Do you need to prep a few meals on Sunday? Does batch-prep work better for you this week? Do breakfasts need to be grab-n-go? Do I need an extra snack for pre-practice fuel? Thinking through your needs can help prevent unnecessary mistakes. Feel free to sub some items for your needs, allergies, or preferences. The structure is important, however. And remember to adjust portion sizes to your needs and goals! All recipes are available at allisonstreet.com	

FILL IN THE REST OF THE DAYS WITH MEALS YOU LIKE USING THE RECOMMENDED FOODS FROM THE "WINNING GROCERIES" ABOVE!

GROCERY GUIDE

Meat, Seafood & Proteins

EGGS ☐
 TURKEY BACON ☐
 BONELESS/SKINLESS CHICKEN BREAST ☐
 CHICKEN THIGHS ☐
 FLANK STEAK (OR EQUIVALENT) ☐
 SALMON ☐
 TURKEY, TO SHRED ☐
 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐

Cereals, grains & legumes

PANCAKE OR PROTEIN PANCAKE MIX ☐
 OATMEAL ☐
 BRIOCHE BUNS ☐
 BAKED CHIPS ☐
 TORTILLA, LARGE ☐
 JASMINE RICE ☐
 ORZO ☐
 SPAGHETTI ☐
 GRANOLA ☐
 WHOLE WHEAT CRACKERS ☐
 NUT/SEED BUTTER ☐
 ALMONDS (OR OTHER NUT/SEED) ☐
 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐

Dairy

SHREDDED CHEDDAR CHEESE, REDUCED FAT ☐
 MILK OF CHOICE, REDUCED FAT ☐
 GREEK YOGURT, REDUCED FAT ☐
 SLICED CHEESE OF CHOICE, REDUCED FAT ☐
 SOUR CREAM, REDUCED FAT ☐
 PARMESAN ☐
 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐
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 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐
 _____ ☐

Produce

ONION (RED OR WHITE) ☐
 TOMATO (BEEFSTEAK OR HEIRLOOM) ☐
 SPINACH ☐
 ICEBURG LETTUCE ☐
 RUSSET POTATOES ☐
 FINGERLING POTATOES ☐
 BROCCOLI (FRESH OR FROZEN) ☐
 BRUSSELS SPROUTS ☐
 CARROT ☐
 CELERY ☐
 ASPARAGUS ☐
 BABY SPINACH ☐
 APPLE ☐
 BANANA ☐
 STRAWBERRIES ☐
 BLUEBERRIES ☐
 KIWI ☐
 LEMON ☐
 GINGER ☐
 GARLIC ☐
 PARSLEY* ☐
 BASIL* ☐
 CILANTRO* ☐
 OREGANO* ☐
 ***buy dehydrated to save \$\$\$

Frozen

SEPARATING OUT
 YOUR GROCERIES IS
 GAME CHANGER FOR
 QUICK & EFFICIENT
 SHIPPING. USE YOUR
 GROCERY STORES
 APP FOR EASY USE
 ALSO.

Misc

EXTRA VIRGIN OLIVE OIL ☐
 FRANKS RED HOT ☐
 MAYONNAISE ☐
 RED WINE VINEGAR ☐
 MARINARA SAUCE ☐
 SALSA ☐
 BBQ SAUCE ☐
 SOY SAUCE ☐
 LIGHT BROWN SUGAR ☐
 CHICKEN STOCK ☐
 CHIA SEEDS ☐
 HONEY ☐
 SYRUP ☐
 PROTEIN POWDER ☐
 PAPRIKA ☐
 GARLIC POWDER ☐
 SESAME SEEDS ☐
 _____ ☐
 _____ ☐

YOUR FUEL, YOUR WAY

This blank, printable version of the Fuel Planner & Grocery Guide is built for you to do it your way and for athletes who want to take ownership of their nutrition. Whether you're prepping for a big week of training, dialing in your recovery, or just trying to stay consistent, this tool helps you plan ahead, shop smart, and fuel with purpose.

Print these out or fill them out electronically - whichever way is easiest and sustainable for you - then put them somewhere easy to refer back to.

Consistency wins. Planning matters. Use this fillable version of the guide to stay locked in, stay fueled, and stay ready.



WEEKLY —

FUEL PLANNER

Week of:

Monday	Tuesday	Wednesday
BREAKFAST LUNCH DINNER SNACK	BREAKFAST LUNCH DINNER SNACK	BREAKFAST LUNCH DINNER SNACK
Thursday	Friday	Saturday
BREAKFAST LUNCH DINNER SNACK	BREAKFAST LUNCH DINNER SNACK	BREAKFAST LUNCH DINNER SNACK
Sunday	NOTES:	

GROCERY GUIDE

[illegible]

Cereals, grains & legumes

[illegible][illegible][illegible][illegible]



WANT TO LEARN MORE?

Elite performance starts with elite fueling. I work with athletes just like you to create personalized nutrition plans tailored to their goals; backed by both science and experience that WORKS. Whether it's building muscle, improving recovery, or staying game-day ready, I'll help you fuel with purpose. Let's build your strategy.

➡ Find me on Instagram @sportsdietitianallison

🌐 Visit allisonstreet.com

✉ Reach out at hello@allisonstreet.com

SCHEDULE A FREE DISCOVERY CALL