

Meal Plan for Active Individuals

High-Quality Protein

[Research](#) shows that athletes engaged in higher-intensity exercise need to consume additional protein which promotes greater adaptation to training. This plan includes high-quality protein that makes up over 30% of the energy intake. These [complete proteins](#) are highly digestible and provide an adequate amount of amino acids. Protein is [distributed](#) between every meal and snack to help with building [muscle strength and hypertrophy](#).

Omega-3 Fats

Omega-3 fatty acids help [reduce inflammation](#) and are beneficial for [injury recovery](#) in athletes. Fish contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which are associated with improved [cognitive function](#) and [immune function](#). This program incorporates omega-3 fats from salmon, olive oil, nuts, and seeds.

Calcium

Calcium is important for the growth, maintenance, and repair of bone tissue. In order to prevent stress fractures and bone loss, athletes should consume [additional](#) daily calcium. This plan provides up to 2,000 mg of calcium daily from a variety of foods and beverages including fortified milk and grain products, Greek yogurt, cottage cheese, and salmon.

Iron & Vitamin C

Iron is important for oxygen delivery to body tissues and is a common [deficiency](#) in athletes. Athletes should aim for an [iron intake](#) greater than 18 mg which this plan provides from lean meat, eggs, legumes, grains, and seeds. These sources are paired with foods that have vitamin C which is an antioxidant nutrient and enhances [iron absorption](#).

Immune Support

Essential fat-soluble [antioxidants](#) like [vitamin A](#), [vitamin E](#) and minerals like [zinc](#) support various cellular functions of the immune system and reduce oxidative stress in cells. This meal plan contains vitamin A sources like leafy green vegetables, salmon, and clementines and incorporates vitamin E through healthy oils, nuts, and seeds. You can find zinc sources in this meal plan from whole grains, legumes, and meat.