

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

Here's a nutrition plan tailored for a college-level discus, javelin, and shot put thrower. This plan focuses on providing the necessary nutrients to support intense training, muscle growth, and recovery.

## Daily Nutrition Guidelines

**Calories:** Aim for 3,500-5,000 calories per day, depending on your body weight and training intensity. Use a macronutrient calculator to get the exact breakdown.

### Macronutrient Breakdown:

- **Protein:** 1 gram per pound of body weight (e.g., if you weigh 200 lbs, aim for 200 grams of protein).
- **Carbohydrates:** 50-60% of total daily calories.
- **Fats:** 20-30% of total daily calories.

## Sample Daily Meal Plan

### Breakfast:

- **Omelette** with 4 eggs, spinach, tomatoes, and cheese.
- **Oatmeal** with berries, nuts, and a scoop of protein powder.
- **Orange juice** or a piece of fruit.

### Mid-Morning Snack:

- **Greek yogurt** with honey and granola.
- **Banana** or apple.

### Lunch:

- **Grilled chicken breast** or fish.
- **Quinoa** or brown rice.
- **Steamed vegetables** (broccoli, carrots, etc.).
- **Avocado** or a small handful of nuts.

### Afternoon Snack:

- **Protein shake** with a scoop of protein powder, almond milk, and a banana.
- **Whole grain crackers** with hummus.

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## Dinner:

- **Lean beef** or turkey.
- **Sweet potatoes** or whole grain pasta.
- **Mixed salad** with olive oil and vinegar dressing.
- **Steamed or roasted vegetables.**

## Evening Snack:

- **Cottage cheese** with pineapple or berries.
- **Handful of almonds** or walnuts.

## Hydration

- Drink at least **3-4 liters of water** daily.
- Include **electrolyte drinks** during and after intense training sessions.

## Supplements

- **Whey protein:** To meet daily protein requirements.
- **Creatine:** To enhance strength and power.
- **Multivitamin:** To cover any potential nutrient gaps.
- **Omega-3 fatty acids:** For anti-inflammatory benefits.

## Additional Tips

- **Meal Prep:** Prepare meals in advance to ensure you have healthy options readily available.
- **Avoid Junk Food:** Minimize consumption of processed foods, sugary snacks, and sodas.
- **Balanced Diet:** Focus on whole foods, lean proteins, complex carbohydrates, and healthy fats.

This plan should help you fuel your training and recovery effectively. Adjust portions and specific foods based on your preferences and nutritional needs. Good luck with your training! 🥗💪