

St. Charles COA

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				
			1	2
			Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Texas Bread Mississippi Mud Pudding Milk Margarine	<i>~Summer Grill~</i> Beef Hot Dog Hashbrown Casserole Baked Beans Hot Dog Bun Seasonal Fruit Milk Ketchup Relish
5	6	7	8	9
Chicken Tenders Lima Beans Parslied Carrots Wheat Bread Seasonal Fruit Milk Ketchup	Meatballs/Spaghetti Sauce Spaghetti Noodles Green Beans Texas Bread Rice Krispie Treat 100% Fruit Juice Milk Margarine	Oven Fried Chicken Cheesy Whipped Potatoes Brussels Sprouts Wheat Bread Cinnamon Applesauce Milk Margarine	Chicken/Sausage Gumbo Steamed Rice Whole Kernel Corn Saltine Crackers Sugar Cookie 100% Fruit Juice Chocolate Milk Margarine	Pork Roast Brown Gravy Black-eyed Peas Mixed Greens Cornbread Seasonal Fruit Milk Margarine
12	13	14	15	16
Smoked Sausage Red Kidney Beans Steamed Rice Broccoli Florets Wheat Bread Seasonal Fruit Milk Margarine	Creole Steak Delmonico Potatoes Garden Vegetable Blend Dinner Roll Pineapple Tidbits Milk Margarine	Chicken Chef Salad Cucumber Tomato Salad Fruit Salad Saltine Crackers Marble Cake Milk Salad Dressing - 2	Meatballs w/Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Ham and White Beans Whole Kernel Corn Cabbage Texas Bread Fudge Creme Cookie Milk Margarine
19	20	21	22	23
Meatloaf Tomato Gravy Whipped Potatoes Glazed Carrots Dinner Roll Seasonal Fruit Milk Margarine	Chicken/Sausage Jambalaya Whole Kernel Corn Brussels Sprouts Wheat Bread Spice Cake Milk Margarine	Cheese Omelet Sliced Ham O'Brien Potatoes Biscuit Graham Crackers 100% Fruit Juice Milk Margarine	Beef Patty Lettuce Tomato Ranch Beans Hamburger Bun Hot Spiced Fruit Chocolate Milk Mustard Ketchup	<i>~ Birthday Celebration ~</i> Smothered Chicken Ranch Potatoes Green Beans Wheat Bread Birthday Cake Milk Margarine
26	27	28	29	30
Smoked Sausage Red Kidney Beans Steamed Rice Herbed Green Beans Dinner Roll Seasonal Fruit Milk Margarine	Salisbury Steak Mashed Red Potatoes Spring Vegetable Blend Wheat Bread White Cake Milk Margarine	Baked Chicken Poultry Gravy Cabbage Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine	Bowtie Lasagna Herbed Green Peas Whole Kernel Corn Texas Bread Mississippi Mud Pudding Milk Margarine	<i>~Labor Day Meal~</i> Chopped BBQ Chicken Baked Beans Coleslaw Hamburger Bun Mixed Fruit Cobbler Milk

Kim Dommert RD, LD

EAT, LIFT, RECOVER:

MUSCLE BUILDING BLOCKS

Eat: Balanced Nutrition

Step 1: Consume adequate calories. Your body needs calories to support normal body functions. Without it, additional fuel is not available for muscle repair and growth.

Step 2: Get your macros through a balanced nutrition plan. Protein, carbohydrates, and fat are the primary building blocks of nutrition, and all play a role in helping your body build muscle.

- Protein: 10-35% of total calories for adults (50 – 175 grams for a 2000 calorie diet)
 - Protein preserves, repairs, and builds muscle. More protein does not mean more muscle growth since excess protein is burned for energy or stored as fat.
 - Highly active individuals and athletes may need up to 35% of total calories from protein. Older adults (65+) also need more protein to help preserve muscle.
 - A range of 20-40 grams of protein is needed to stimulate muscle growth. Spread protein intake throughout the day to help maintain a positive muscle protein balance.
 - Choose lean meats, seafood, low-fat dairy, eggs, or plant-based proteins such as legumes, tofu, nuts, and seeds.
- Carbohydrates: 45-65% of total calories for adults (225 – 325 grams for a 2000 calorie diet)
 - Carbs are the body's preferred energy source and will spare using protein for muscle growth.
 - Choose high fiber carbohydrates most often, such as whole grains, legumes, vegetables, and fruits; however, avoid high fiber foods before a workout.
- Fat: 20-35% of total calories for adults (44 – 78 grams for a 2000 calorie diet)
 - Fat is essential for healing, recovery, and decreasing inflammation. Your body will begin to burn fat when it runs out of readily available energy.
 - Focus on heart-healthy, unsaturated fats such as vegetable oils, avocado, nuts, and fatty fish.

Step 3: Stay hydrated. Hydration supports optimal muscle function and recovery. Men need 124 fluid ounces (15.5 cups) per day and women require 92 fluid ounces (11.5 cups) per day.

Lift: Resistance Training

Resistance training (also called strength training) is necessary to build muscle. It requires our muscles to contract to lift a heavy object against the pull of gravity. To build more muscle, you need to progressively increase demand on your muscles, which can be done by increasing the weight lifted, the number of repetitions performed, or the intensity of the exercise.

How Much: Men and women should do resistance training exercises for all major muscle groups at least two times per week.

Examples: Weightlifting, either with machines or free weights, using medicine balls or resistance bands, or body weight-bearing exercises such as planks, pushups, squats, or lunges.

Recover: Rest and Nutrition

Support muscle growth and preserve muscle mass with rest and nutrition. Allow at least 48 hours between resistance training sessions for muscle recovery. Get carbohydrates and protein post workout within four hours to replenish damaged tissue, increase development of lean mass, and improve body fat percent. In most cases, your next meal will suffice. If your next meal is greater than four hours away from your workout, you may benefit from a snack that contains about 20 – 40 grams of protein and carbohydrates that amount to half your body weight in grams (i.e., 75 grams for a 150-pound person).

Nutritional needs vary from person to person.
Consult a registered dietitian nutritionist for an
individualized nutrition plan.