How to Eat Like a PRO

A SAMPLE INTO THE DIETS OF YOUR FAVORITE ATHLETES

BY BRIANA OLNEY
Breakfast:
- 3 fried egg sandwiches with cheese, lettuce, tomatoes, fried onions and mayonnaise.
- 2 cups of coffee.
- 5-egg omelette.
- Bowl of oatmeal.
- 3 slices of sugar coated French toast.
- 3 chocolate-chip pancakes.

Lunch:
- Half a kg of pasta.
- 2 large ham and cheese sandwiches with mayonnaise on white bread.
- Energy drinks.

Dinner:
- Half kg of pasta with carbonara sauce.
- Large pizza.
- Energy drinks.

TIPS: Eat whatever you want and you'll be eating like Michael Phelps!
Sport: Swimming
Training: 6 hours daily
Calories: 3,000-4,000

Katie does not eat dessert! Lots of chocolate milk for recovery and lots of carbs for energy.
Simone BILES

Sport: Gymnastics
Training: 6 hours daily
Calories: 2,000

**Breakfast**
- Before practice: sometimes nothing or fruit and oatmeal
- After practice: protein shake

**Lunch**
- If cooking: chicken or salmon with veggies (asparagus, broccoli, carrots are her favorites)
- If ordering: ranges from pepperoni pizza to sushi depending on her mood

**Dinner**
- Listens to cravings: Pizza or fettuccine Alfredo with chicken
- Dessert: cookies or ice cream

Simone does not snack much. She orders food a lot and listens to what her body craves!
Sport: American Football  
Training: 4 hours daily  
Calories: Does not track

1. Breakfast
   - 10oz glass water with electrolytes
   - Vegetable omelette with turkey bacon or 1 cup oatmeal with banana

2. Lunch and Snacks
   - South West quinoa salad or Asian shrimp salad
   - Snack: protein bar or protein smoothie

3. Dinner
   - Ginger chicken with bokchoy and brown rice or poached salmon with steamed broccoli and side salad

Tips:
Sport: Soccer  
Training: 2–4 hours daily, 6 days a week  

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| Oatmeal with banana, blueberries, cinnamon, and maple syrup or acai bowl with variety of toppings | Snack: fruits, nuts, or Chobani yogurt. Energy balls.  
Big leafy green salad with nuts and beets or tofu with rice and veggies | Burrito bowl or tacos, with black beans and rice, fajita veggies, with salsa, and avocado or impossible burger with veggies |

**TIPS**  
Be a vegan! No animal products! Morgan says having a plant-based diet improved her energy during practice and games.
Selection of hams and cheeses with a side of yogurt and fruit

Avocado toast as a post-breakfast snack

**Cristiano RONALDO**

**Sport:** Soccer  
**Training:** 3-4 hours daily  
**Calories:** 3,000-4,000

**Breakfast**
- Selection of hams and cheeses with a side of yogurt and fruit  
- Avocado toast as a post-breakfast snack

**Lunch**
- First lunch: chicken salad  
- Second lunch: a variety of fish with eggs, salad, and olives

**Dinner**
- Favorite meal is bacalhau à brás – cod, onions, thinly sliced potatoes, and scrambled eggs.

**TIPS**
Very strict diet, which features a lot of swordfish, tuna, and olives. Eat 6 small meals a day. Avoid alcohol and soda.
Sport: Tennis
Training: 2–3 hours, 6 days a week

**Rafael NADAL**

1. **BREAKFAST**
   - Fresh bread, Olive oil, Iberian ham
   - Orange juice
   - Lots of water and sports drinks

2. **LUNCH AND SNACKS**
   - Fish, olives, fresh veggies salad
   - After workout: protein shake and filtered seawater

3. **DINNER**
   - Favorite meals: seafood paella and shrimp dumplings
   - Chocolate for dessert

**TIPS**
Nadal is a big fan of seafood and a big hater of cheese!
Often skips breakfast because she isn't hungry when she wakes up.

**Black bean burger**
**Leafy green salad with beans and veggies**

**Pasta dinner** after she trains
Otherwise:
- rice, beans, veggies
- Dessert: moon pie

**TIPS**
William's motto is "Eat to live, don't live to eat". She eats what she wants when she is hungry! She loosely follows a plant-based diet.