

# How to Eat Like a PRO

A SAMPLE INTO THE DIETS OF  
YOUR FAVORITE ATHLETES

BY BRIANA OLNEY



Sport: Swimming  
Training: 6 hours daily  
Calories: 8,000-10,000

Michael PHELPS



STEP 1 STEP 2 STEP 3

BREAKFAST

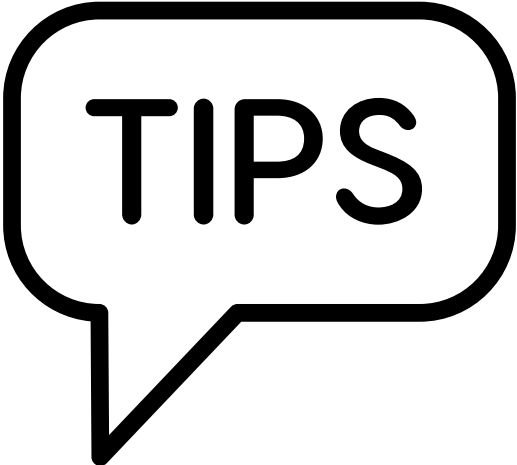
- 3 fried egg sandwiches with cheese, lettuce, tomatoes, fried onions and mayonnaise.
- 2 cups of coffee.
- 5-egg omelette.
- Bowl of oatmeal.
- 3 slices of sugar coated French toast.
- 3 chocolate-chip pancakes.

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.



Eat whatever you want and you'll be eating like Michael Phelps!



Sport: Swimming  
Training: 6 hours daily  
Calories: 3,000-4,000

Katie LEDECKY



STEP

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**BREAKFAST**

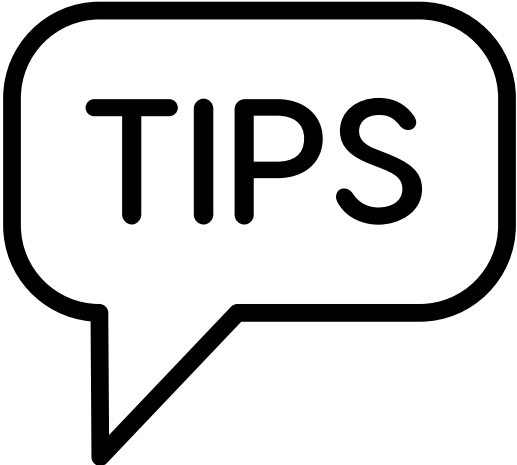
- Before 1st practice: 2 pieces of toast with peanut butter
- An apple or banana.
- After practice: bagel with cream cheese and eggs OR bacon, egg, and cheese omelet with potatoes
- Chocolate milk.

**LUNCH AND SNACKS**

- Yogurt, berries and granola for a snack
- Pasta with chicken or Caesar salad with avocado and a double order of chicken
- More yogurt and fruit after practice
- Chocolate milk

**DINNER**

- White rice or pasta with arugula and white beans, tomato, and garlic and either chicken or steak.



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



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

Simone BILES



STEP 1 STEP 2 STEP 3

BREAKFAST

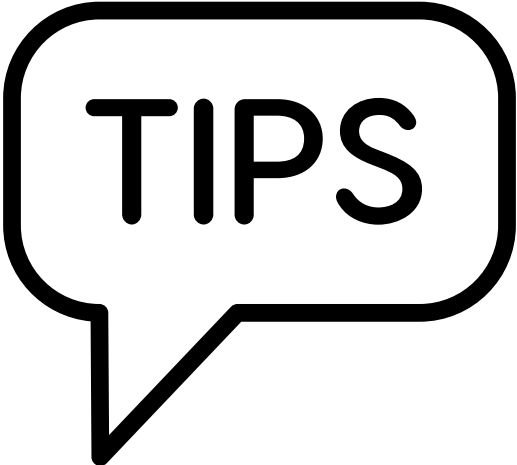
- Before practice: sometimes nothing or fruit and oatmeal
- After practice: protein shake

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

Tom BRADY



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**BREAKFAST**

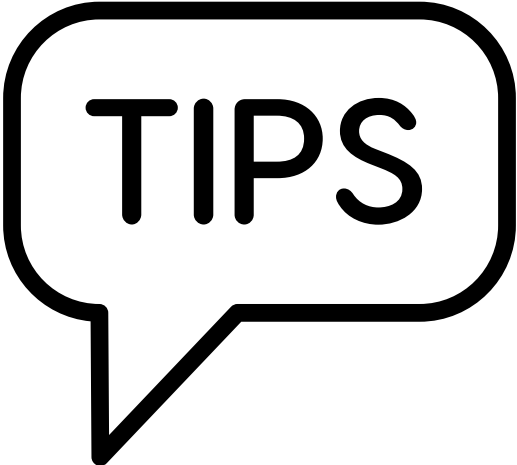
- 10oz glass water with electrolytes
- Vegetable omelette with turkey bacon or 1 cup oatmeal with banana

**LUNCH AND SNACKS**

- South West quinoa salad or Asian shrimp salad
- Snack: protein bar or protein smoothie

**DINNER**

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



No white sugar. No white flour. No MSG. Only cook with coconut oil. Only Himalayan pink salt. No tomatoes, peppers, mushrooms, or eggplants. No coffee. No caffeine. No fungus. No dairy. Half your body weight in pounds and drink that many ounces of water. No food 3 hours before bed. Super simple diet!



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

Alex MORGAN



STEP

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### BREAKFAST

- Oatmeal with banana, blueberries, cinnamon, and maple syrup or acai bowl with variety of toppings
- Coffee

### LUNCH AND SNACKS

- Snack: fruits, nuts, or Chobani yogurt. Energy balls.
- Big leafy green salad with nuts and beets or tofu with rice and veggies

### DINNER

- 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.



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

Cristiano RONALDO



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**BREAKFAST**

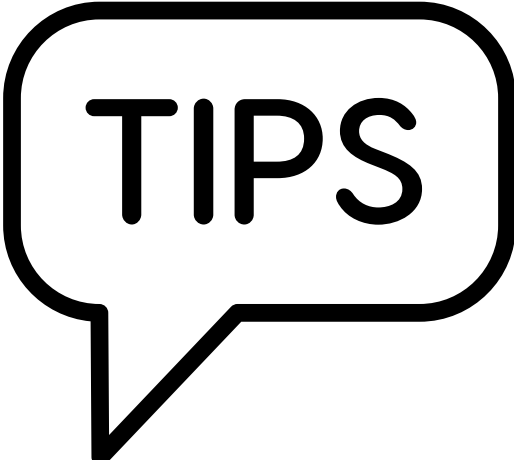
- Selection of hams and cheeses with a side of yogurt and fruit
- Avocado toast as a post-breakfast snack

**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.



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



STEP

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**BREAKFAST**

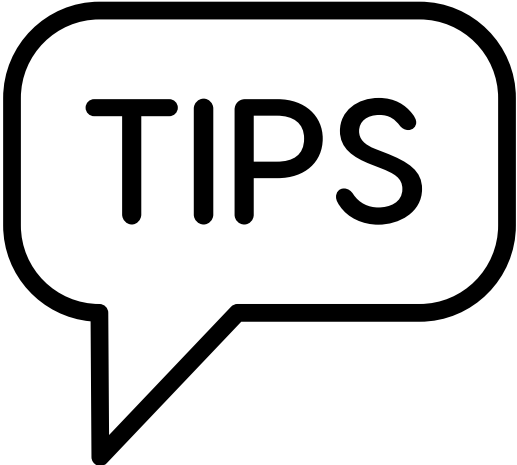
- Fresh bread, Olive oil, Iberian ham
- Orange juice
- Lots of water and sports drinks

**LUNCH AND SNACKS**

- Fish, olives, fresh veggies salad
- After workout: protein shake and filtered seawater

**DINNER**

- Favorite meals: seafood paella and shrimp dumplings
- Chocolate for dessert



Nadal is a big fan of seafood and a big hater of cheese!



Sport: Tennis  
Training: 2-3 hours, 6 days  
a week

Serena WILLIAMS



STEP

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**BREAKFAST**

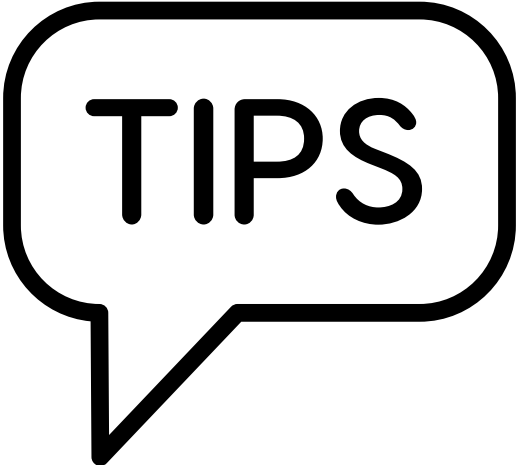
- Often skips breakfast because she isn't hungry when she wakes up.

**LUNCH**

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

**DINNER**

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



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.