

# MONIQUE RYAN, MS, RD, LDN

## REPRODUCIBLE HANDOUTS

### VEGETARIAN HANDOUT PACKET

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#### Packet Includes:

##### Vegetarian Food Lists

This 2-page handout divides foods into carbohydrate, protein, and fat groups for vegetarians to provide meal planning guidelines. High quality plant protein sources are emphasized.

##### Protein Content Key

This 1-page key provide the protein content per specified serving in grams

##### Lunch Ideas Vegetarian Style

This 1-page handout provides vegetarian lunch ideas for main dishes and sides.

### COMPLETE MEAL PLANNING GUIDE FOR SPORTS NUTRITION

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#### 12 Page Reproducible Master Copy

Printed on high quality paper, the 8.5" X 11" reproducible handout version allows you to provide your clients with copies of the professionally designed booklet. You can design a personal sports nutrition plan for athletes exercising at all levels. Includes food lists for athletes, meal plan sheets, recovery nutrition, and fueling and hydration during exercise.

## ORDER INFORMATION

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