

Whether you're working out to stay in shape or training for a competition, what you eat can make or break your performance. Here, celebrity nutritionist Dr. Oz Garcia maps out the best meal plans for each athlete.



THE RUNNER

Long-distance runners practice at a high-intensity endurance level and require more calories and carbohydrates.

TOTAL CALORIE COUNT: 3,225

BREAKFAST

- 1 cup oatmeal (prepared with hot water and a splash of almond milk)
- ¼ cup organic mixed berries
- ½ apple with 1 tbsp of almond butter
- 1 cup green tea

MID-MORNING

Protein shake (one scoop of high-quality protein powder with 1/2 banana mixed with

SWIPE FOR MORE

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THE YOGI

Yogis do well on a balanced diet of fresh fruits, vegetables, and lean protein that promotes mental clarity and provides long-lasting energy.

TOTAL CALORIE COUNT: 2,015

BREAKFAST

- 1 cup warm water and lemon 30 minutes before eating
- 1 slice gluten-free rice bread topped with 1 tbsp of almond butter
- 1 cup fresh organic berries
- 1 cup green tea

MID-MORNING

Fresh green juice made with celery, parsley,

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THE BALLERINA

Despite their slender figures, dancers need to consume enough calories and complex carbohydrates to sustain their energy during performances.

TOTAL CALORIE COUNT: 2,115

BREAKFAST

- 1 cup low-fat Greek yogurt
- ½ cup organic blueberries
- 8 raw almonds
- 1 cup green tea

MID-MORNING

- 1 hardboiled egg
- 1 small apple

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THE BIKE MESSENGER

Bikers expend a lot of energy and constantly need to refuel.

Maintaining balanced electrolyte levels and drinking enough water will help combat muscle fatigue and cramping.

TOTAL CALORIE COUNT: 2,170

BREAKFAST

- 2 organic egg whites and one egg scrambled with tomatoes and mushrooms
- 1 slice gluten-free rice bread
- 1 cup green tea

MID-MORNING

- 1 cup lowfat Greek yogurt

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THE BOXER

Boxers should rely on a high-protein diet to maintain healthy muscle mass, and consume foods rich in complex carbohydrates to help fight fatigue and weakness during matches.

TOTAL CALORIE COUNT: 3,560

BREAKFAST

- Omelet (1 organic whole egg and 2 egg whites) with spinach, mushrooms, red pepper, and goat cheese
- ¼ cup organic berries
- 1 cup green tea

MID-MORNING

Fruit smoothie (fresh organic berries and ½

SWIPE FOR MORE