



Jayhawk Training Table



PERFORMANCE NUTRITION

May 7 — May 10
5:00 PM — 8:30 PM

Questions or Suggestions?
Contact Aaron Carbuhn
Phone: 785-864-1846
E-mail: acarbuhn@ku.edu

At least half of your plate should be carbohydrates!!

BEST CARBOHYDRATE CHOICES ARE HIGHLIGHTED IN BLUE.

BEST PROTEIN RECOVERY CHOICES ARE HIGHLIGHTED IN RED.

FOODS HIGH IN VITAMINS & MINERALS ARE HIGHLIGHTED IN GREEN.

Baseball	Tuesday	Wednesday	Thursday
Custom Made Sushi	Carved Ham	Pan Seared Chicken Breast	Beef Brisket
Filet Mignon on the Grill	Grilled Mahi Mahi	Grilled Salmon	BBQ Chicken Breast
Baked Chicken Kiev	Jayhawk Chicken Breast	Sun Dried Tomato Risotto	Baked Beans
Twice Baked Potatoes	Rice Pilaf	Roasted New Potatoes	French Fries
Mac & Cheese	Sweet Potato Fries	Mixed Vegetables	Green Beans
Asparagus	Capri Vegetables	Steamed Asparagus	Potato Salad
Green Beans	Steamed Broccoli	Rolls	Spicy Slaw
	Rolls		
Chocolate Fondue		Blackberry/Peach Cobbler	