

# COMRATS GUIDE

## HOW TO PROPERLY FUEL YOURSELF

Being on COMRATS means you are authorized to “mess separately” and that none of your meals will be provided by the chow hall (unless purchased). Meal preparation can be especially challenging when you have limited access to a kitchen. Use this guide for tips on how to shop and make fueling yourself a little easier.

Now you're responsible for...



Thinking of “fasting” or skipping meals to make it “easier”?

- Regularly skipping meals slows down your metabolism & actually makes it *harder* to manage your weight or improve body composition.
- Trying to grow more muscle? Good luck if you aren't fueling yourself throughout the day with essential nutrients and calories!
- Feeling tired and experiencing brain fog? A good way to combat that is eating balanced meals and snacks throughout the day!

Planning to just eat out? Maybe reconsider...

**5 lunches out a week** X **4 weeks** = **a month for just 20 meals!**  
(\$10 - 12/meal) **\$200-240**

Energy drinks, convenience food, or *just* protein shake are not considered meals or good fuel.



- ✗ Fiber ✗ Protein ✗ High in Sat. Fat ✗ High in salt
- ✗ High in added sugar or other unfavorable ingredients

Instead, opt for whole fruits/vegetables, whole grains, lean proteins, unsweetened beverages, dairy, and nuts/seeds.



- ✓ Fiber ✓ Lean Protein ✓ Unsaturated Fats
- ✓ Lower in salt and sugar

FOOD = FUEL

# A balanced meal should have...

at minimum



Refer to the **Power Plate** to learn how much of each element should be on your plate.

# A balanced snack should have...

| Protein Source                     | Starch Source                              |
|------------------------------------|--|
| Protein Group<br>or<br>Dairy Group | Grain Group<br>or<br>Fruit/Vegetable Group |

**OPTIMAL FUELING = 3 MEALS/DAY + 1, 2, 3 SNACKS**  
(depending on your activity level)

## When you go shopping...

(example and ideas)

### ● Proteins (Pick 3–4 types):

- Chicken breast (fresh or frozen)
- Canned tuna or salmon
- Eggs
- Canned beans
- Greek yogurt
- Ground turkey
- Lean beef

### ● Starches/Grains (Pick 3–4):

- Brown rice or quinoa
- Whole grain bread or wraps
- Oatmeal
- Sweet potatoes
- Whole grain crackers

### ● Fruits (Pick 3–4):

- Bananas
- Apples
- Berries (fresh or frozen)
- Canned peaches (no syrup)

### ● Vegetables (Pick 3–4):

- Frozen mixed veggies
- Spinach or kale
- Carrots
- Canned asparagus
- Canned mushrooms
- Broccoli

### ● Healthy Fats (Pick 2–3):

- Olive oil
- Peanut butter or almond butter
- Mixed nuts
- Avocados

## Strategies to make fueling easier...

- Plan ahead
  - Plan what meal you will eat on Monday, Wednesday, and Friday. Pick a different meal for Tuesday and Thursday.
  - Create a shopping list for 2-3 different balanced meals and 2-4 balanced snacks for the week.
- Meal prepping
  - Batch prepare a meal component for the week
    - Buy a rotisserie chicken and pre-portion it
    - Make a pot of rice or quinoa
    - Make a big cucumber salad
    - Hard boil eggs
    - Mix a batch of tuna salad
  - Prepare an entire meal for the week
    - Overnight oats for breakfast
    - Marinara & spinach legume pasta for lunch
- Don't forget to buy spices and sauces to flavor your food!
- Frozen fruits and vegetables are your best friend! They won't go bad and are easy to prep.
- Utilize better choices for "ready-made" foods  
Examples:
  - Jimmy Dean Turkey Breakfast sandwiches
  - Kodiak Frozen Waffles
  - Frozen grilled chicken
  - Turkey sausages, burgers
- Consider meal delivery/prep services on island (surprisingly affordable compared to the States).
- Other resources
  - MCCS Health Promotion Team (*email below*)
    - One-on-one nutrition counseling
    - Briefs
    - InBody Scan Analysis
  - "Performance Nutrition Resources by CHAMP"
    - Power Plate
    - Meal ideas