



RIKER NUTRITION CONSULTING

CARI RIKER RD, LDN, CDE



Easy Weeknight Meals For Athletes

Nutrition Plan

CLIENT PROFILE	NAME Riker Nutrition Consulting	DIETARY PREFERENCE Eats Most Things
	AVOIDANCES none	





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Grocery List

☐ Mini Pizza Crust Dough

☐ Shredded Low-moisture Part-skim Mozzarella Cheese

CANNED / JAR GOODS

☐ 1 can (15 oz) of Canned Black Beans

☐ 1 can (15 oz) of Canned Corn

DAIRY

☐ 2 1/8 ounces of Shredded Colby Jack Cheese

DELI

☐ 1 Cooked Rotisserie Chicken

INTERNATIONAL / ETHNIC

☐ 1 jar (16 oz) of Salsa

☐ 1 package (8 ct) of Whole Wheat Tortillas

PRODUCE

☐ 1 Avocados

☐ 1 bunch of Fresh Cilantro

☐ 1 bunch of Raw Spinach 

☐ 1 pint of Cherry Tomatoes 

☐ 1 bulb of Garlic

☐ 1 Red Onions

SPICES / CONDIMENTS

☐ 1 bottle (18 oz) of Barbecue Sauce

☐ 1 bottle of Lime Juice

☐ 1 jar (2 oz) of Cumin

☐ 1 bottle (16 fl oz) of Olive Oil



EWG RECOMMENDS TO BUY ORGANIC



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A DAY IN THE LIFE OF RIKER NUTRITION



RISE AND SHINE!

Take a breath and slowly rise! Getting up at the same time helps regulate your sleep cycle.



BREAKFAST

MINDFULNESS

Take a moment to acknowledge something you're grateful and set a positive tone for the day.

WATER

REMEMBER TO DRINK 8 GLASSES OF WATER PER DAY. MORE IF YOU EXERCISE.

MAKE IT YOUR OWN

Make EatLove your own by adding your own recipes, choosing recipes for your Favorites, and tailoring the Grocery List for easy shopping.



LUNCH

SNACK

EAT A SNACK TO HELP YOU POWER THROUGH THE DAY.



GET MOVING

EXERCISE

Be more active by taking the stairs or walking during one of your calls. Track your exercise in the Daily Log.



TIME FOR BED

Slowly unwind from the long day you had. Take a few moments to consider what you were thankful for today. Sweet dreams!

CONNECTION

Savor time in the evening for family and friends. Turn off distractions and focus on sharing the day's highlights.



DINNER

Weeknight Enchiladas 2.0



MEAL PREP



To see your meal plan and grocery list, visit eatlove.is



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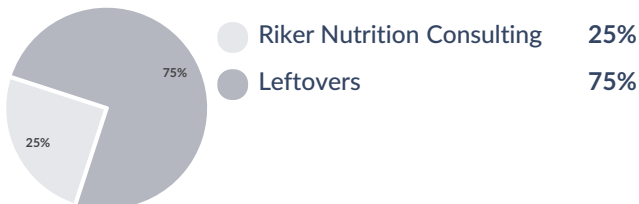
INGREDIENTS

1 tablespoon olive oil 2 cups spinach sliced
1/3 Red Onion chopped 1 teaspoon cumin
2 1/4 cloves garlic minced 2 cups salsa
1 cup black beans drained & rinsed 8 whole wheat tortillas
1 cup Canned Corn drained and rinsed 1/2 cup jack cheese

NUTRITION INFORMATION PER SERVING

Protein 19g	Sodium 1609mg
Total Fat 17g	Fruits 0 servings
Carbs 65g	Vegetables 1.33 servings
Calories 475kcal	Added Sugar 0g
Fiber 16g	Saturated Fat 7.5g

PORTIONS



Weeknight Enchiladas 2.0

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 4 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. In a large skillet heat oil over medium-high heat; sauté onion and garlic 2-3 minutes.
2. Add beans, corn, cumin, spinach and 1/2 cup salsa. Cook 3-4 minutes, coarsely mashing beans with back of spoon.
3. Spoon 1/3 cup filling onto each tortilla; roll up.
4. Spoon 1/2 cup salsa into 11 x 7 x 2-inch baking dish. Arrange tortillas seam side down; top with remaining 1 cup sauce.
5. Cover and bake in 350° degree oven for 15 to 20 minutes.
6. Uncover; top with cheese. Bake 2 minutes longer or until cheese is melted.





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BBQ Chicken Pizza

🕒 5 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Preheat oven to 425 degrees Fahrenheit (or to the pizza crusts directions).
2. Take prepared pizza crusts, and top with barbecue sauce. Spread sauce evenly over the crust.
3. Sprinkle on shredded mozzarella over the pizza.
4. Top with pulled rotisserie chicken, red onion, and cilantro.
5. Bake in the oven for 15 minutes or until cheese is melted and golden in color. Let cool before eating.

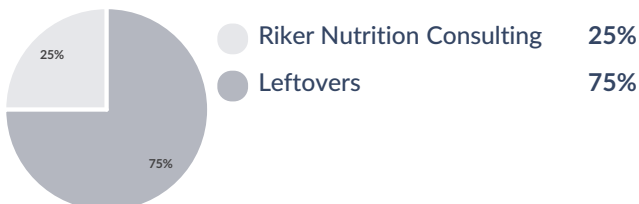
INGREDIENTS

4 pizza crusts Mini Pizza Crust Dough
4 ounces Cooked Rotisserie Chicken
1 cup Shredded Low-moisture Part-skim Mozzarella Cheese
2 tablespoons Barbecue Sauce
1/4 Red Onion sliced
1 bunch Fresh Cilantro chopped

NUTRITION INFORMATION PER SERVING

Protein 18g	Sodium 600mg
Total Fat 9.7g	Fruits 0 servings
Carbs 22g	Vegetables 0.13 servings
Calories 239kcal	Added Sugar 2.83g
Fiber 0.67g	Saturated Fat 4.36g

PORTIONS





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Tomato, Avocado, and Corn Salad

🕒 5 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

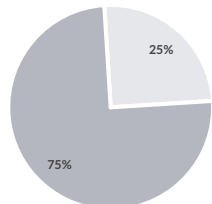
1 pint Cherry Tomatoes quartered	2 tablespoons Olive Oil
1 Avocado cubed	1 tablespoon Lime Juice
1 cup Canned Corn drained and rinsed	1/4 cup Fresh Cilantro chopped
1/2 Red Onion diced	1/4 teaspoon Salt
	1/4 teaspoon Ground Black Pepper

NUTRITION INFORMATION PER SERVING

Protein 2.47g	Sodium 229mg
Total Fat 13g	Fruits 0 servings
Carbs 14g	Vegetables 0.63 servings
Calories 166kcal	Added Sugar 0g
Fiber 4.46g	Saturated Fat 1.75g

1. Make sure to quarter cherry tomatoes, dice up 1/2 the red onion, drain and rinse the corn, cube the avocado, and place all the ingredients into one large bowl.
2. In separate bowl combine the dressing mixtures of:
3. Olive oil, lime juice, fresh cilantro, salt and ground mixture. Mix all ingredients together until combined.
4. Pour the dressing over the tomato, corn, and avocado mixture. Stir until all is combined. Serve immediately, or refrigerate in a sealed container up to 3 days.

PORCTIONS



● Riker Nutrition Consulting	25%
● Leftovers	75%

