

Women'sHealth

Here's Everything The U.S. Women's Soccer Team Eats In A Day, According To Their Private Chef

The U.S. Women's Soccer Team's Favorite Packaged Snacks



The OG PB&J

Kram Nutrition
kramnutrition.com
\$24.99

[SHOP NOW](#)



Crunchy Fava Beans

Bada Bean Bada
Boom
amazon.com
\$23.99

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MacroBar Organic Vegan Protein Bars

GoMacro
amazon.com
\$28.68

[SHOP NOW](#)

The United States Women's National Soccer Team brought all their power to the Tokyo pitch this year. And, yep, all that hard work definitely paid off. The squad brought home an impressive bronze medal at the Tokyo Olympics, of course.

And ICYDK, a lot of thoughtful planning made their win possible. It's not just the coaches and players who lead a team to victory. There are many other factors that help them perform their best in each game. That's where Teren Green comes in, the private chef for the U.S. Women's Soccer Team.

He's the man behind all the women's soccer team's delicious AF meals that give them the fuel they need to go after an Olympic medal (and beyond).

While that means he gets to travel around the world (which is pretty freakin' cool), he says the best part is seeing the smiles on the players after he prepares a dish they love.

“My favorite part [is] how appreciative they are for the food and everything that I do for them,” Chef Teren explains. “The girls love every meal that we have, and they love the variety that we provide for them. There's never any complaints. It's just all good news,” he says.

If you're wondering exactly what Chef Teren cooks for

each meal that makes the players so darn happy to have him around, keep reading. The following is everything the U.S. Women's National Team's private chef cooks for breakfast, lunch, dinner, snacks, pre-game, post-game, and more.

Snacks

Now that you've got some info on the meals Chef Teren preps for all the USWNT players, you're probably wondering what kinds of snacks they take when they're on-the-go, too. TBH, they like to keep things simple, Langford says.

They love prepackaged PB&J's from the brand Kram, as well as roasted fava beans by Bada Bean Bada Boom, and GoMacro energy bars, says Langford. In short, anything that both gives them a quick energy supply that they can also stash in their bag is perfect.