

MEAL PLAN - 3000 TO 3200 CALORIES

Breakfast 6:00 - 8:00 am	Snack 10:00 - 12:00 pm	Lunch 12:00 - 1:00 pm	Snack 3:00 - 4:00 pm	Dinner 6:00 - 8:00 pm	Snack 8:30 - 10:00 pm
600 – 700 calories	300 – 350 calories	650 – 750 calories	300 – 350 calories	650 – 750 calories	350 – 400 calories
☐ Beef and Spinach Breakfast Sandwich with: • 3 oz. top sirloin steak • 1 egg • 2 Tbsp. fresh spinach • 2 Tbsp. tomatoes • 1 slice cheese • 1 whole grain bagel ☐ 1 fruit	☐ 2 oz. beef jerky ☐ 1 cheese stick ☐ 1 fruit ☐ 10-12 whole grain crackers or pita chips	An Athlete's Plate General Rule: ☐ 5 oz. lean protein ☐ 2 cups carbohydrate (pasta, rice, potato, sweet potato, couscous, quinoa, beans, fruit, bread) ☐ 1 cup vegetables ☐ 8 oz. low-fat milk <u>or</u> 6 oz. yogurt <u>or</u> 1 oz. cheese	☐ Beef Jerky Trail Mix with: • 2 oz. beef jerky • ¼ cup dried fruit • ¼ cup nuts • ⅓ cup granola	An Athlete's Plate General Rule: ☐ 5 oz. lean protein ☐ 2 cups carbohydrate (pasta, rice, potato, sweet potato, couscous, quinoa, beans, fruit, bread) ☐ 1 cup vegetables ☐ 8 oz. low-fat milk <u>or</u> 6 oz. yogurt <u>or</u> 1 oz. cheese	☐ 10 oz. Greek yogurt ☐ 1 cup berries ☐ 2 Tbsp. chocolate chips ☐ 8 oz. low-fat milk
☐ 2 whole grain frozen waffles ☐ 1 Tbsp. peanut butter on each waffle ☐ 2 Tbsp. honey or syrup or ☐ 1 cup berries on waffles ☐ 8 oz. low-fat milk ☐ 1 fruit	☐ 1 serving pretzel crisps ☐ 2 Tbsp. peanut butter ☐ 1 fruit	☐ Sandwich with: • 2 slices whole grain, high-protein bread • 2 Tbsp. peanut butter • 1 banana ☐ 10-12 whole grain crackers or pita chips ☐ 2 cheese sticks	☐ 1 oz. beef jerky ☐ 1 banana ☐ 2 Tbsp. peanut butter	☐ Stir Fry with: • 5 oz. top sirloin steak • 1 cup vegetables sautéed • 2 cups brown rice ☐ 8 oz. low-fat milk	☐ 16 – 20 oz. low-fat chocolate milk ☐ 1 fruit
☐ 1 whole grain bagel ☐ 1 ½ Tbsp. peanut butter ☐ 1 ½ cups fruit ☐ 12 oz. low-fat milk	☐ 12-15 whole wheat crackers ☐ 2 ½ oz. cheese ☐ 15 grapes	☐ Sandwich with: • 2 slices whole grain • Bread • 4 oz. lean protein • 1 slice cheese • Veggies • ¼ small avocado ☐ 15 whole grain crackers ☐ 1 ½ cups fruit	☐ Energy Bar ☐ 250-300 calories ☐ 1 fruit	☐ Spaghetti with: • 5 oz. 90/10 ground beef • 2 cups whole grain pasta • Tomato sauce • Veggies • ¼ cup grated cheese	☐ Smoothie with: • 10 oz. low-fat milk • 6 oz. Greek yogurt • 1 cup fruit • 1 Tbsp. peanut butter
☐ 1 whole grain English Muffin with: • 2 oz. top sirloin steak • 1 egg • 1 slice cheese ☐ 1 ½ cups fruit ☐ 12 oz. low-fat milk	☐ 1 trail mix granola bar ☐ 10 oz. Greek yogurt ☐ 1 fruit	☐ Pita sandwich with: • 1 whole wheat pita • 4 oz. lean protein • ¼ cup grated cheese • Veggies • ½ avocado ☐ 20 whole grain crackers or pita chips ☐ 1 ½ cups fruit	☐ 8 oz. Greek Yogurt with: • ¾ cup whole grain cereal • ½ cup fruit or 1 cup berries • 3 Tbsp. chopped nuts	☐ Taco Bowl with: • 4 oz. lean protein • 1 ½ cups brown rice • ½ cup beans • 1 cup veggies • ¼ cup guacamole • ¼ cup grated cheese	☐ Milkshake Smoothie with: • 8 oz. low-fat chocolate milk • 6 oz. Greek yogurt • 1 frozen banana • 1 Tbsp. peanut butter

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600 – 700 calories	300 – 350 calories	650 – 750 calories	300 – 350 calories	650 – 750 calories	350 – 400 calories
☐ 2 eggs with: • ¼ cup shredded cheese ☐ 1 whole grain bagel with ☐ 2 Tbsp. 100% fruit jam ☐ 1 fruit	☐ 8-10 whole grain crackers ☐ 2 cheese sticks ☐ 1 banana	☐ Wrap with: • 1 large whole grain tortilla or wrap • 4 oz. lean meat • 1 slice cheese • Veggies • 2 Tbsp. hummus ☐ 15 whole grain crackers ☐ 1 chewy granola bar ☐ 1 fruit	☐ 8-10 whole grain crackers ☐ 2 hard-boiled eggs ☐ 1 cheese stick ☐ 1 banana	☐ Quesadillas with: • 4 oz. lean protein • 1 large whole wheat tortilla • 1 cup veggies • Salsa • ½ cup grated cheese ☐ ¼ cup guacamole ☐ ½ cup rice	☐ 15 frozen grapes ☐ 10 oz. Greek yogurt ☐ ¼ cup whole grain, high-protein granola
☐ 6 oz. Greek yogurt with: • 1 Tbsp. honey • 1 cup berries • ¾ cup granola ☐ 2 egg cups with: • 90/10 ground beef • Shredded cheese • Veggies of choice	☐ 5 - 6 peanut butter balls (see recipe on page 4 of 4 below)	☐ 2 hard boiled eggs ☐ 2 oz. beef jerky ☐ 1 cheese stick ☐ 2-pack whole grain granola bars ☐ 1 banana ☐ 1 apple sauce	☐ 15 whole grain crackers ☐ 2 oz. cheese ☐ 1 fruit	☐ Beef Power Bowl with: • 5 oz. Top Sirloin steak • 1 ½ cups brown rice • ½ cup quinoa • 1 cup vegetables • ¼ cup cheese	☐ 8 oz. Greek yogurt ☐ ¾ cup whole grain granola ☐ ¼ cup nut, seed, dried fruit trail mix
☐ ¾-cup oats ☐ Mix in 2 Tbsp. peanut butter ☐ 1 cup berries or ¼ cup dried fruit in oatmeal ☐ 8 oz. low-fat milk	☐ 2-pack whole grain granola bars ☐ 10 oz. Greek yogurt <u>or</u> 1 ½ Tbsp. peanut butter ☐ 1 fruit	☐ 3 oz. deli meat ☐ 2 cheese sticks ☐ 20 whole grain crackers ☐ ¼ cup mixed nuts ☐ 1 ½ cups fruit	☐ 1 slice whole grain bread ☐ 2 Tbsp. peanut butter ☐ ½ banana, sliced	☐ Pita Pizza with: • 4 oz. lean protein • 1 large whole wheat pita • ½ cup veggies on pizza • Tomato sauce • 1/3 cup 2% grated cheese ☐ 1 ½ cups fruit salad	☐ 2 hard boiled eggs ☐ 1 cheese stick ☐ 1 fruit ☐ 8 oz. low-fat milk
☐ Breakfast Burrito with: • 1 whole grain tortilla • 2 oz. Top Sirloin steak • 1 egg • ¼ cup grated cheese • ½ cup veggies of choice • ⅓ avocado ☐ 1 fruit ☐ 8 oz. low-fat milk	☐ ½ cup nuts ☐ 1 fruit ☐ 1 cheese stick	☐ 4 oz. deli meat ☐ 1 oz. cheese ☐ 20 whole grain crackers or pita chips ☐ 1 chewy granola bar ☐ Veggies and ¼ cup hummus ☐ 1 fruit	☐ 1 slice whole grain bread ☐ 2 oz. lean protein ☐ 1 slice cheese ☐ 1 fruit	☐ Cheeseburgers with: • 5 oz. 90/10 beef patty • 100% whole grain hamburger bun • Lettuce and tomato • ½ avocado • 1 slice 2% cheese ☐ 2 cups baked sweet potato fries	☐ 1 apple, sliced ☐ 2 Tbsp. peanut butter ☐ ½ cup whole grain, high-protein granola

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600 – 700 calories	300 – 350 calories	650 – 750 calories	300 – 350 calories	650 – 750 calories	350 – 400 calories
☐ Smoothie made with: ☐ 8 oz. low-fat milk ☐ 6 oz. Greek yogurt ☐ 1 banana ☐ ½ cup berries ☐ 2 Tbsp. peanut butter ☐ 1 granola bar	☐ 1 whole wheat tortilla ☐ 2 slices cheese ☐ 1 fruit	☐ 4 oz. albacore tuna with: ☐ 1 Tbsp. mayonnaise ☐ 1 Tbsp. mustard ☐ Veggies of choice ☐ 2 Tbsp. chopped nuts ☐ 1 cheese stick ☐ 2 slices whole grain bread ☐ 10-12 whole grain crackers ☐ 1 fruit	☐ 1 whole grain granola bar ☐ 3 oz. beef jerky ☐ 1 fruit	☐ Chicken Parmesan with: • 5 oz. chicken breast (breaded with Italian breadcrumbs and Parmesan cheese) ☐ 2 cups whole grain pasta ☐ Tomato sauce with 1 cup spinach mixed in ☐ Side salad ☐ Top chicken with 1 slice cheese	☐ 1 apple, sliced ☐ 2 Tbsp. peanut butter ☐ ½ cup whole grain, high-protein granola
<i>On-the-Go:</i> ☐ Energy Bar (250 - 300 calories) ☐ 16 oz. low-fat milk ☐ 1 ½ cups fruit	☐ 1 serving whole grain pita chips ☐ ½ cup hummus ☐ 1 cheese stick or hard-boiled egg	☐ Smoothie with: • 12 oz. low-fat milk • 8 oz. Greek yogurt • 1 banana • 1 cup berries • 1 Tbsp. peanut butter ☐ Trail mix bar ☐ 10-12 whole grain crackers or pita chips	☐ 3 cups air popped popcorn ☐ 2 ½ oz. cheese ☐ 1 oz. beef jerky ☐ 1 fruit	<i>American Style Restaurant:</i> ☐ 5 oz. lean protein ☐ 2 cups carbohydrate (can be a bun or bread and made into a sandwich or burger) ☐ 1 cup veggies ☐ 1 oz. cheese in dish or on sandwich/ burger	☐ 1 apple • Chop, sprinkle with cinnamon, and heat in microwave until apple is tender ☐ 8 oz. Greek yogurt drizzled on apple ☐ ½ cup granola sprinkled on top of apple crisp ☐ 2 Tbsp. nuts sprinkled on top of apple crisp
<i>Restaurant:</i> ☐ Omelet with: • 2 eggs • Cheese • Veggies • Lean protein ☐ 1 whole grain bagel with ☐ 1-2 Tbsp. jam ☐ 1 fruit ☐ 8 oz. low-fat milk	☐ 1 pack peanut butter crackers (6 in pack) ☐ 8 oz. Greek yogurt ☐ 1 fruit	<i>Sub Restaurant:</i> ☐ 6" Sub Sandwich with: • Double meat • Double cheese • Veggies ☐ 1 bag baked chips ☐ 1 yogurt ☐ 1 fruit	☐ 15 whole grain crackers ☐ 1 cheese stick ☐ 2 oz. lean protein ☐ 1 fruit	<i>Mexican Restaurant:</i> ☐ 3 fajitas each with: • Flour or corn tortillas • 2 oz. lean protein • 2 Tbsp. cheese • 2 Tbsp. guacamole • Veggies ☐ 1 serving rice ☐ 10 chips	☐ Homemade Ice Cream Sandwich with: • 3 graham crackers, halved • 10 oz. vanilla Greek yogurt • ¾ cup chopped fruit or berries <i>In a bowl, stir Greek yogurt and fruit together. Top with 3 graham cracker halves with the yogurt/fruit mixture. Then top each graham cracker half with its other half and freeze.</i>

MEAL PLAN - 3000 TO 3200 CALORIES (CONT.)

MEAL PLAN TIPS:

Choose the calorie range right for you based on gender and activity level.

Meals and snacks can be rearranged based on your school, training, and practice schedule. It is important to make sure all meals and snacks are consumed to ensure adequate energy intake to support your activity level.

Meals and snacks do not have to be consumed in any order. Choose one box from each column each day to properly fuel the body.

If you are hungry and/or losing weight when you should not be, you should eat additional calories. This can be accomplished by moving to the next calorie range meal plan or adding snacks from the

Meal Builder Handout. Other ways to add calories include adding milk or chocolate milks as the beverage at meals.

The Meal Builder Handout is designed to add additional calories to your athlete's day. If you are at the highest calorie meal plan level and looking to gain weight, the 500-calorie meal builders can be added to help with increased calorie consumption. Start with one 500-calorie meal builder per day for one to two weeks. If weight gain is not occurring, or energy is low, add an additional 500-calorie meal builder to the meal plan.

If an athlete is not meeting their weight or performance goals, consider reaching out to and working with a sports dietitian for an individualized meal plan and follow-up.

SHAPE AN ATHLETE'S PLATE TIPS

VEGETABLES	PROTEINS	FRUIT
Include vegetables at as many meals and snacks as possible, with a goal of consuming 3 – 5 servings per day. • 1 serving = 1 cup raw, vegetables/lettuce, ½ cup cooked vegetables, 6 oz. vegetable juice	Lean proteins include lean beef, fish, pork, poultry, and eggs. Plant-based foods such as beans, legumes, and lentils also provide some protein in the diet.	Fruit provides additional carbohydrate as well as nutrients. The goal is to consume 2 – 4 servings per day. • 1 serving = 1 medium fruit, 1 cup berries, ½ cup chopped fruit, ½ banana, ¼ cup dried
GRAINS	DAIRY	FATS
Choose whole wheat/whole grain varieties of breads, tortillas, English muffins, crackers, granola bars, cereals, etc. Other whole grains include brown rice, whole grain pasta, farro, quinoa, buckwheat, couscous, whole grain gluten-free options (when needed) etc.	Cow's milk, cheese, and yogurt provide additional protein in the diet as well as calcium, vitamin D, and other nutrients necessary for bone development and growth. If looking to gain weight, choose whole fat dairy foods. If looking to maintain weight, low-fat or whole fat dairy foods are an option.	Good fats should be garnishes at meals and snacks throughout the day. The bulk of fat intake should come from unsaturated fats like fatty fish (Salmon, trout, tuna, mackerel) nuts, nut butters, seeds, hummus, avocado, unsaturated oils like olive, grapeseed, avocado, peanut, canola. If looking to gain weight, adding additional good fats to meal plan can help increase calorie intake.

MEAL PLAN - 3000 TO 3200 CALORIES (CONT.)

SUBSTITUTIONS:

Your goal should be to include as many food groups as possible into your meal plan on a daily basis, as well as to try new foods. If you have dietary restrictions, food allergies or intolerances, the following substitutions can be made:

Grains:

If you have a gluten allergy or intolerance, look for gluten-free grain choices to help provide adequate carbohydrates. Gluten-free grains include:

- Amaranth
- Arrowroot
- Buckwheat
- Corn — cornmeal, grits and polenta labeled gluten-free
- Flax
- Hominy (corn)
- Millet
- Quinoa
- Gluten-free flours — rice, soy, corn, potato and bean flours
- Rice, including wild rice
- Sorghum
- Soy
- Tapioca (cassava root)
- Teff

Proteins:

Animal proteins are considered “complete proteins” indicating they contain all of the essential amino acids the body cannot make. Plant proteins, outside of quinoa, hemp seeds, pistachios and soy foods, are considered “incomplete proteins” and contain some, but not all of the essential amino acids. If you are vegetarian or vegan for religious or personal reasons, you need to consume a variety of plant-based proteins to ensure eating all of the essential amino acids on a daily basis.

Plant-based proteins include:

- Pulses (chickpeas, lentils, beans (such as black, kidney and adzuki beans) and split peas)
- Legumes
- Tofu
- Soy
- Tempeh
- Seitan
- Nuts
- Seeds
- Whole grains

Dairy:

If you have experiences with lactose intolerance (gastrointestinal issues like cramping, bloating, gas, and diarrhea) when consuming dairy foods, specifically milk, yogurt, and ice cream, you can choose lactose-free dairy options. These typically contain the same nutrients as traditional foods, just with the lactose (milk sugar) already broken down.

If you have an allergy to whey, casein, or milk protein, soy milk fortified with calcium is the best substitution. Other plant milks do not contain the same nutrients or protein as cow's milk.

Vegetables:

Your goal should be to consume as many colors of vegetables as you can and continue to try new vegetables cooked in different ways to help increase nutrient and fiber intake.

Fruit:

Your goal should be to consume as many colors of fruit as you can and continue to try new fruits to help increase nutrient and fiber intake.

Fats:

If you are allergic to one or more nuts, and seeds, seed butters can be a solution to provide good fat in the diet as well as calories.

PEANUT BUTTER BALL RECIPE:

INGREDIENTS:

- ☐ 1 cup oats
- ☐ ½ cup peanut butter (or other nut/seed butter)
- ☐ ½ cup protein powder (or non-fat dry milk powder)
- ☐ ¼ cup honey
- ☐ 1-2 Tbsp. water

INSTRUCTIONS:

- ☐ In a medium bowl, stir peanut butter and honey together until well-combined.
- ☐ Add whey protein powder and stir until combined.
- ☐ Add oats and stir until oats are coated with mixture. Add water, one tablespoon at a time, to help the mixture stick together. Best to use hands to mix.
- ☐ Roll into 20 – 22 balls and refrigerate to set.
- ☐ This recipe can be doubled or tripled then stored in the freezer.