

Sample Meal Plans

3500 CALORIE DIET

Appropriate for some male athletes from tennis, cross-country, swimming, baseball, golf, and diving. Some very active female athletes may require this calorie level to maintain their weight.

Breakfast	Egg sandwich with 1 scrambled egg and 1 slice of 2% cheddar cheese on a whole wheat English muffin 1 cup of 1% milk 1 grapefruit with 1 Tbsp sugar
Morning Snack	1 cup of grapes 6 oz. of low-fat yogurt with 1/4 cup granola cereal
Lunch	Chicken Caesar pita with 1/2 grilled chicken breast, romaine lettuce, tomato, cucumber, 2 Tbsp Caesar salad dressing, and 1 Tbsp Parmesan cheese 1 medium orange 1/2 cup goldfish crackers
Afternoon Snack	1 cup applesauce 1/4 cup dry roasted almonds
Dinner	Stir-fry with 5 oz. sirloin steak, 1 cup brown rice, and sauteed green pepper, onion, sugar snap peas, and broccoli
Evening Snack	1 large baked tortilla dipped in 1 cup thick-and-chunky salsa 1 cup of 1% milk
During Practice	Approximately 5 cups of Powerade

4000 CALORIE DIET

Appropriate for most male athletes involved in sports such as football, basketball, track as well as some from baseball, tennis, cross-country, and swimming.

Breakfast	1 cup of granola cereal mixed with 1 cup of strawberries and 1 cup of 2% milk 1 cup of 100% orange juice
Morning Snack	Peanut butter and jelly sandwich on 2 slices of whole wheat bread
Lunch	1 baked chicken breast with 2 cups of rice 1/2 cup of peas and 1/2 cup of corn 1 cup of 2% milk
Afternoon Snack	12 baby carrots dipped in low-fat ranch dressing 1 small bowl of pretzels
Dinner	3 beef soft tacos topped with shredded cheese, tomatoes, onion, lettuce, and thick-and-chunky salsa
Evening Snack	1 medium apple dipped in 6 oz. of low-fat yogurt
During Practice	Approximately 6 cups of Powerade

Sample Meal Plans

5000 CALORIE DIET

Appropriate for high weight football players as well as basketball or football players trying to gain weight.

Breakfast	3 large scrambled eggs 2 slices whole wheat toast topped with 2 tsp margarine and 2 Tbsp jelly 1 cup of 100% apple juice
Morning Snack	1 medium orange 1 whole wheat bagel topped with 2 Tbsp of natural peanut butter
Lunch	1 chicken breast with 1 cup of macaroni and cheese 1 cup mixed vegetables 1 cup of 100% grape juice
Afternoon Snack	1 muscle milk 1 medium apple
Dinner	6 oz. sirloin steak 2 cups black beans and rice 2 cups mixed salad greens and vegetables with Italian dressing 1 cup of 100% orange juice
Evening Snack	2 cups of 2% chocolate milk 1/2 cup dry roasted almonds
During Practice	Approximately 6 cups of Powerade

When planning your own meals for home or eating out, think about dividing your plate into thirds: cover 1/3 with fruits or vegetables, 1/3 with high-fiber starches, and 1/3 with lean protein.

