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MEAL PLAN CALORIE BUILDERS

For athletes looking to gain weight, it is important to **eat more calories than needed to maintain weight.**

Additional calories can easily be added with snacks and nutrient-rich beverages. In order to determine how many calories an athlete needs, follow these following steps, then add calories as needed with the calorie builders.

Steps to Determining Calorie Needs:

- Use your age and activity level to determine the base number of calories you need per day.
- If you are looking to gain weight, start by adding two 250-calorie builders or one 500-calorie meal builder to your meal plan for two weeks, totaling 500 extra calories.
- After adding selected meal builders for two weeks, if no weight gain is occurring, add an additional two 250-calorie builders or one 500-calorie meal builder to your meal plan for the two weeks, totaling 1,000 extra calories.
- If weight gain still does not occur or you feel hungry, continue to add two 250-calorie builders or one 500-calorie meal builder to your meal plan every two weeks.

BOYS' CALORIE NEEDS

| AGES: | MODERATELY ACTIVE | ACTIVE |
|-------|----------------------|----------------------|
| 13 | 2,200 calories | 2,600 calories |
| 14-15 | 2,400-2,600 calories | 2,800-3,000 calories |
| 16-18 | 2,800 calories | 3,200 calories |

eatright.org/food/nutrition/dietary-guidelines-and-myplate/how-many-calories-does-my-teen-need

GIRLS' CALORIE NEEDS

| AGES: | MODERATELY ACTIVE | ACTIVE |
|-------|-------------------|----------------|
| 13 | 2,000 calories | 2,200 calories |
| 14-18 | 2,000 calories | 2,400 calories |

Moderately Active - Engages in activity needed for daily living, plus activity equivalent to walking 1.5 to 3 miles daily, or 30 to 40 minutes.

Active - Engages in activity needed for daily life, plus activity equivalent to walking 3 or more miles daily, or more than 40 minutes.

This is the base level of calories required to fuel growth and development, daily activity, and exercise. It is important to note that most high school athletes will be in the "active" category on a regular basis and many will require more calories than this to fuel large amounts of activity, including practices and workouts longer than 40 minutes, multiple practices a day, playing multiple sports, etc. Calories should not be restricted for youth athletes.

MEAL PLAN CALORIE BUILDERS

| CALORIE BUILDING EXAMPLES | |
|--|---|
| 250 Calorie Meal Builders | 500 Calorie Meal Builders |
| 2 oz. beef jerky + 1 fruit | 2 slices whole grain bread for sandwich + 2-3 oz. roast beef + 1 slice cheese + 1 fruit |
| 1 granola bar + 1 fruit + 1 hard-boiled egg | 1 energy/protein bar + 1 fruit + 12 oz. milk |
| 1.5 oz. cheese + 1 fruit | 2 oz. cheese + 2 oz. protein + 1 fruit + 1 serving whole grain crackers |
| 250-calorie energy/protein bar | High-calorie energy/protein bar (250-350 calories) + 1 banana + 8 oz. milk |
| 12-16 oz. low-fat chocolate milk | 16 oz. chocolate milk + 1 granola bar |
| 6 oz. Greek yogurt + 1/3 - 1/2 cup granola | 6 oz. Greek yogurt + 1 cup granola + 1 cup fruit |
| 1 banana + 1.5 Tbsp. nut butter | 2 oz. beef jerky + 1 banana + 2 Tbsp. nut butter |
| 2-pack crunchy granola bars + string cheese | 2-pack crunchy granola bars + 2 string cheeses + 8-12 oz. chocolate milk |
| 1 slice whole grain bread + 1 Tbsp. nut butter + 1 Tbsp. honey/jelly | 2 slices whole grain bread for sandwich + 2 Tbsp. nut butter + 2 Tbsp. honey/jelly |

