

3000 - 3200 CALORIES MEAL PLAN

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
<input type="checkbox"/> Beef and Spinach Breakfast Sandwich with: <ul style="list-style-type: none"> • 3 oz. top sirloin steak • 1 egg • 2 Tbsp. fresh spinach • 2 Tbsp. tomatoes • 1 slice cheese • 1 whole grain bagel <input type="checkbox"/> 1 fruit	<input type="checkbox"/> 2 oz. beef jerky <input type="checkbox"/> 1 cheese stick <input type="checkbox"/> 1 fruit <input type="checkbox"/> 10-12 whole grain crackers or pita chips	An Athlete's Plate General Rule: <input type="checkbox"/> 5 oz. lean protein <input type="checkbox"/> 2 cups carbohydrate (pasta, rice, potato, sweet potato, couscous, quinoa, beans, fruit, or bread) <input type="checkbox"/> 1 cup vegetables <input type="checkbox"/> 8 oz. low-fat milk <u>or</u> 6 oz. yogurt <u>or</u> 1 oz. cheese	<input type="checkbox"/> Beef Jerky Trail Mix with: <ul style="list-style-type: none"> • 2 oz. beef jerky • ¼ cup dried fruit • ¼ cup nuts • ½ cup granola 	An Athlete's Plate General Rule: <input type="checkbox"/> 5 oz. lean protein <input type="checkbox"/> 2 cups carbohydrate (pasta, rice, potato, sweet potato, couscous, quinoa, beans, fruit, or bread) <input type="checkbox"/> 1 cup vegetables <input type="checkbox"/> 8 oz. low-fat milk <u>or</u> 6 oz. yogurt <u>or</u> 1 oz. cheese	<input type="checkbox"/> 10 oz. Greek yogurt <input type="checkbox"/> 1 cup berries <input type="checkbox"/> 2 Tbsp. chocolate chips <input type="checkbox"/> 8 oz. low-fat milk
<input type="checkbox"/> 2 whole grain frozen waffles <input type="checkbox"/> 1 Tbsp. peanut butter on each waffle <input type="checkbox"/> 2 Tbsp. honey or syrup or 1 cup berries on waffles <input type="checkbox"/> 8 oz. low-fat milk <input type="checkbox"/> 1 fruit	<input type="checkbox"/> 1 serving pretzel crisps <input type="checkbox"/> 2 Tbsp. peanut butter <input type="checkbox"/> 1 fruit	<input type="checkbox"/> Sandwich with: <ul style="list-style-type: none"> • 2 slices whole grain, high-protein bread • 2 Tbsp. peanut butter • 1 banana <input type="checkbox"/> 10-12 whole grain crackers or pita chips <input type="checkbox"/> 2 cheese sticks	<input type="checkbox"/> 1 oz. beef jerky <input type="checkbox"/> 1 banana <input type="checkbox"/> 2 Tbsp. peanut butter	<input type="checkbox"/> Stir Fry with: <ul style="list-style-type: none"> • 5 oz. top sirloin steak • 1 cup vegetables sautéed • 2 cups brown rice <input type="checkbox"/> 8 oz. low-fat milk	<input type="checkbox"/> 16-20 oz. low-fat chocolate milk <input type="checkbox"/> 1 fruit
<input type="checkbox"/> 1 whole grain bagel <input type="checkbox"/> 1 ½ Tbsp. peanut butter <input type="checkbox"/> 1 ½ cups fruit <input type="checkbox"/> 12 oz. low-fat milk	<input type="checkbox"/> 12-15 whole wheat crackers <input type="checkbox"/> 2 ½ oz. cheese <input type="checkbox"/> 15 grapes	<input type="checkbox"/> Sandwich with: <ul style="list-style-type: none"> • 2 slices whole grain bread • 4 oz. lean protein • 1 slice cheese • Veggies • ¼ small avocado <input type="checkbox"/> 15 whole grain crackers <input type="checkbox"/> 1 ½ cups fruit	<input type="checkbox"/> Energy Bar <input type="checkbox"/> 250-300 calories <input type="checkbox"/> 1 fruit	<input type="checkbox"/> Spaghetti with: <ul style="list-style-type: none"> • 5 oz. 90/10 ground beef • 2 cups whole grain pasta • Tomato sauce • Veggies • ¼ cup grated cheese 	<input type="checkbox"/> Smoothie with: <ul style="list-style-type: none"> • 10 oz. low-fat milk • 6 oz. Greek yogurt • 1 cup fruit • 1 Tbsp. peanut butter
<input type="checkbox"/> 1 whole grain English Muffin with: <ul style="list-style-type: none"> • 2 oz. top sirloin steak • 1 egg • 1 slice cheese <input type="checkbox"/> 1 ½ cups fruit <input type="checkbox"/> 12 oz. low-fat milk	<input type="checkbox"/> 1 trail mix granola bar <input type="checkbox"/> 10 oz. Greek yogurt <input type="checkbox"/> 1 fruit	<input type="checkbox"/> Pita sandwich with: <ul style="list-style-type: none"> • 1 whole wheat pita • 4 oz. lean protein • ¼ cup grated cheese • Veggies • ½ avocado <input type="checkbox"/> 20 whole grain crackers or pita chips <input type="checkbox"/> 1 ½ cups fruit	<input type="checkbox"/> 8 oz. Greek Yogurt with: <ul style="list-style-type: none"> • ¾ cup whole grain cereal • ½ cup fruit or 1 cup berries • 3 Tbsp. chopped nuts 	<input type="checkbox"/> Taco Bowl with: <ul style="list-style-type: none"> • 4 oz. lean protein • 1 ½ cups brown rice • ½ cup beans • 1 cup veggies • ¼ cup guacamole • ¼ cup grated cheese 	<input type="checkbox"/> Milkshake/Smoothie with: <ul style="list-style-type: none"> • 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
<input type="checkbox"/> 2 eggs with: <ul style="list-style-type: none"> • ¼ cup shredded cheese <input type="checkbox"/> 1 whole grain bagel with 2 Tbsp. 100% fruit jam <input type="checkbox"/> 1 fruit	<input type="checkbox"/> 8-10 whole grain crackers <input type="checkbox"/> 2 cheese sticks <input type="checkbox"/> 1 banana	<input type="checkbox"/> Wrap with: <ul style="list-style-type: none"> • 1 large whole grain tortilla or wrap • 4 oz. lean meat • 1 slice cheese • Veggies • 2 Tbsp. hummus <input type="checkbox"/> 15 whole grain crackers <input type="checkbox"/> 1 chewy granola bar <input type="checkbox"/> 1 fruit	<input type="checkbox"/> 8-10 whole grain crackers <input type="checkbox"/> 2 hard-boiled eggs <input type="checkbox"/> 1 cheese stick <input type="checkbox"/> 1 banana	<input type="checkbox"/> Quesadillas with: <ul style="list-style-type: none"> • 4 oz. lean protein • 1 large whole wheat tortilla • 1 cup veggies • Salsa • ½ cup grated cheese <input type="checkbox"/> ¼ cup guacamole <input type="checkbox"/> ½ cup rice	<input type="checkbox"/> 15 frozen grapes <input type="checkbox"/> 10 oz. Greek yogurt <input type="checkbox"/> ¼ cup whole grain, high-protein granola
<input type="checkbox"/> 6 oz. Greek yogurt with: <ul style="list-style-type: none"> • 1 Tbsp. honey • 1 cup berries • ¾ cup granola <input type="checkbox"/> 2 egg cups with: <ul style="list-style-type: none"> • 90/10 ground beef • Shredded cheese • Veggies of choice 	<input type="checkbox"/> 5-6 peanut butter balls (see recipe on page 5)	<input type="checkbox"/> 2 hard-boiled eggs <input type="checkbox"/> 2 oz. beef jerky <input type="checkbox"/> 1 cheese stick <input type="checkbox"/> 2-pack whole grain granola bars <input type="checkbox"/> 1 banana <input type="checkbox"/> 1 apple sauce	<input type="checkbox"/> 15 whole grain crackers <input type="checkbox"/> 2 oz. cheese <input type="checkbox"/> 1 fruit	<input type="checkbox"/> Beef Power Bowl with: <ul style="list-style-type: none"> • 5 oz. top sirloin steak • 1 ½ cups brown rice • ½ cup quinoa • 1 cup vegetables • ¼ cup cheese 	<input type="checkbox"/> 8 oz. Greek yogurt <input type="checkbox"/> ¾ cup whole grain granola <input type="checkbox"/> ¼ cup nut, seed, dried fruit trail mix
<input type="checkbox"/> ¾ cup oats <input type="checkbox"/> Mix in 2 Tbsp. peanut butter <input type="checkbox"/> 1 cup berries or ¼ cup dried fruit in oatmeal <input type="checkbox"/> 8 oz. low-fat milk	<input type="checkbox"/> 2-pack whole grain granola bars <input type="checkbox"/> 10 oz. Greek yogurt <u>or</u> 1 ½ Tbsp. peanut butter <input type="checkbox"/> 1 fruit	<input type="checkbox"/> 3 oz. deli meat <input type="checkbox"/> 2 cheese sticks <input type="checkbox"/> 20 whole grain crackers <input type="checkbox"/> ¼ cup mixed nuts <input type="checkbox"/> 1 ½ cups fruit	<input type="checkbox"/> 1 slice whole grain bread <input type="checkbox"/> 2 Tbsp. peanut butter <input type="checkbox"/> ½ banana, sliced	<input type="checkbox"/> Pita Pizza with: <ul style="list-style-type: none"> • 4 oz. lean protein • 1 large whole wheat pita • ½ cup veggies on pizza • Tomato sauce • 1/3 cup 2% grated cheese <input type="checkbox"/> 1 ½ cups fruit salad	<input type="checkbox"/> 2 hard-boiled eggs <input type="checkbox"/> 1 cheese stick <input type="checkbox"/> 1 fruit <input type="checkbox"/> 8 oz. low-fat milk
<input type="checkbox"/> Breakfast Burrito with: <ul style="list-style-type: none"> • 1 whole grain tortilla • 2 oz. top sirloin steak • 1 egg • ¼ cup grated cheese • ½ cup veggies of choice • ½ avocado <input type="checkbox"/> 1 fruit <input type="checkbox"/> 8 oz. low-fat milk	<input type="checkbox"/> ½ cup nuts <input type="checkbox"/> 1 fruit <input type="checkbox"/> 1 cheese stick	<input type="checkbox"/> 4 oz. deli meat <input type="checkbox"/> 1 oz. cheese <input type="checkbox"/> 20 whole grain crackers or pita chips <input type="checkbox"/> 1 chewy granola bar <input type="checkbox"/> Veggies and ¼ cup hummus <input type="checkbox"/> 1 fruit	<input type="checkbox"/> 1 slice whole grain bread <input type="checkbox"/> 2 oz. lean protein <input type="checkbox"/> 1 slice cheese <input type="checkbox"/> 1 fruit	<input type="checkbox"/> Cheeseburgers with: <ul style="list-style-type: none"> • 5 oz. 90/10 beef patty • Whole grain hamburger bun • Lettuce and tomato • ½ avocado • 1 slice 2% cheese <input type="checkbox"/> 2 cups baked sweet potato fries	<input type="checkbox"/> 1 apple, sliced <input type="checkbox"/> 2 Tbsp. peanut butter <input type="checkbox"/> 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
<input type="checkbox"/> Smoothie made with: <ul style="list-style-type: none"> • 8 oz. low-fat milk • 6 oz. Greek yogurt • 1 banana • ½ cup berries • 2 Tbsp. peanut butter <input type="checkbox"/> 1 granola bar	<input type="checkbox"/> 1 whole wheat tortilla <input type="checkbox"/> 2 slices cheese <input type="checkbox"/> 1 fruit	<input type="checkbox"/> 4 oz. albacore tuna with: <ul style="list-style-type: none"> • 1 Tbsp. mayonnaise • 1 Tbsp. mustard • Veggies of choice • 2 Tbsp. chopped nuts <input type="checkbox"/> 1 cheese stick <input type="checkbox"/> 2 slices whole grain bread <input type="checkbox"/> 10-12 whole grain crackers <input type="checkbox"/> 1 fruit	<input type="checkbox"/> 1 whole grain granola bar <input type="checkbox"/> 3 oz. beef jerky <input type="checkbox"/> 1 fruit	<input type="checkbox"/> Chicken Parmesan with: <ul style="list-style-type: none"> • 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 	<input type="checkbox"/> 1 apple, sliced <input type="checkbox"/> 2 Tbsp. peanut butter <input type="checkbox"/> ½ cup whole grain, high-protein granola
<i>On-the-Go:</i> <input type="checkbox"/> Energy Bar (250-300 calories) <input type="checkbox"/> 16 oz. low-fat milk <input type="checkbox"/> 1 ½ cups fruit	<input type="checkbox"/> 1 serving whole grain pita chips <input type="checkbox"/> ½ cup hummus <input type="checkbox"/> 1 cheese stick or hard-boiled egg	<input type="checkbox"/> Smoothie with: <ul style="list-style-type: none"> • 12 oz. low-fat milk • 8 oz. Greek yogurt • 1 banana • 1 cup berries • 1 Tbsp. peanut butter <input type="checkbox"/> Trail mix bar <input type="checkbox"/> 10-12 whole grain crackers or pita chips	<input type="checkbox"/> 3 cups air popped popcorn <input type="checkbox"/> 2 ½ oz. cheese <input type="checkbox"/> 1 oz. beef jerky <input type="checkbox"/> 1 fruit	<i>American Style Restaurant:</i> <input type="checkbox"/> 5 oz. lean protein <input type="checkbox"/> 2 cups carbohydrate (can be a bun or bread and made into a sandwich or burger) <input type="checkbox"/> 1 cup veggies <input type="checkbox"/> 1 oz. cheese in dish or on sandwich/burger	<input type="checkbox"/> 1 apple <ul style="list-style-type: none"> • Chop, sprinkle with cinnamon, and heat in microwave until apple is tender <input type="checkbox"/> 8 oz. Greek yogurt drizzled on apple <input type="checkbox"/> ½ cup granola sprinkled on top of apple crisp <input type="checkbox"/> 2 Tbsp. nuts sprinkled on top of apple crisp
<i>Restaurant:</i> <input type="checkbox"/> Omelet with: <ul style="list-style-type: none"> • 2 eggs • Cheese • Veggies • Lean protein <input type="checkbox"/> 1 whole grain bagel with <input type="checkbox"/> 1-2 Tbsp. jam <input type="checkbox"/> 1 fruit <input type="checkbox"/> 8 oz. low-fat milk	<input type="checkbox"/> 1 pack peanut butter crackers (6 in pack) <input type="checkbox"/> 8 oz. Greek yogurt <input type="checkbox"/> 1 fruit	<i>Sub Restaurant:</i> <input type="checkbox"/> 6" Sub Sandwich with: <ul style="list-style-type: none"> • Double meat • Double cheese • Veggies <input type="checkbox"/> 1 bag baked chips <input type="checkbox"/> 1 yogurt <input type="checkbox"/> 1 fruit	<input type="checkbox"/> 15 whole grain crackers <input type="checkbox"/> 1 cheese stick <input type="checkbox"/> 2 oz. lean protein <input type="checkbox"/> 1 fruit	<i>Mexican Restaurant:</i> <input type="checkbox"/> 3 fajitas each with: <ul style="list-style-type: none"> • Flour or corn tortillas • 2 oz. lean protein • 2 Tbsp. cheese • 2 Tbsp. guacamole • Veggies <input type="checkbox"/> 1 serving rice <input type="checkbox"/> 10 chips	<input type="checkbox"/> Homemade Ice Cream Sandwich with: <ul style="list-style-type: none"> • 3 graham crackers, halved • 10 oz. vanilla Greek yogurt • ¾ cup chopped fruit or berries <p><i>In a bowl, stir Greek yogurt and fruit together. Top 3 graham cracker halves with the yogurt/fruit mixture. Then top each graham cracker half with its other half and freeze.</i></p>

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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 your 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 milk as the beverage at meals.

The Meal Builder Handout is designed to add additional calories to an 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	DAIRY	FRUIT
<p>Include vegetables at as many meals and snacks as possible, with a goal of consuming 3-5 servings per day.</p> <p>1 serving =</p> <ul style="list-style-type: none"> • 1 cup raw vegetables/lettuce • ½ cup cooked vegetables • 6 oz vegetable juice 	<p>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.</p> <p>If looking to gain weight, choose whole fat dairy foods.</p> <p>If looking to maintain weight, low-fat or whole fat dairy foods are good options.</p>	<p>Fruit provides additional carbohydrate as well as nutrients. The goal is to consume 2-4 servings per day.</p> <p>1 serving =</p> <ul style="list-style-type: none"> • 1 medium fruit • 1 cup berries • ½ cup chopped fruit • ½ banana • ¼ cup dried fruit
GRAINS	PROTEINS	FATS
<p>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, and whole grain gluten-free options (when needed), etc.</p>	<p>Lean proteins include lean beef, fish, pork, poultry, and eggs. Plant-based foods such as beans, legumes, and lentils also provide plant-based protein in the diet.</p>	<p>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, and canola.</p> <p>If looking to gain weight, adding additional good fats to meals can help increase calorie intake.</p>

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SUBSTITUTIONS

Your goal should be to include as many food groups as possible into your daily meal plan, 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, seeds and 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.

