

2500 Calories

Breakfast

3 4" pancakes

2 T maple syrup

16 oz. orange juice

1 medium peach

water

Lunch

peanut butter sandwich:

2 slice whole wheat bread

2 Tablespoons peanut butter

medium apple

2 - 2" oatmeal cookies

water

Post-practice Snack

16 oz. grapefruit juice

small box raisins (1½ oz.)

Dinner

tossed salad with 2 Tablespoons dressing

1 cup broccoli

2" square piece of cornbread

1 cup mashed potatoes

3 oz. roast turkey with gravy (½ cup)

water

Snacks

Smoothie made with 1 cup non-fat yogurt and ½ cup frozen sweetened strawberries

Nutrition Information:

Calories	2510
Carbohydrate	393 grams (63%)
Protein	78 grams (12%)
Fat	70 grams (25%)

3200 Calories

Breakfast

- 2 packets instant oatmeal (1½ cups cooked)
- ¼ cup raisins
- 8 oz. skim milk
- 2 slices whole wheat toast with 2 tsp. margarine
- 8 oz. grapefruit juice

Lunch

- turkey sandwich with:
- 2 slices whole wheat bread
 - 3 oz. sliced white meat turkey
 - 3 slices tomatoes
 - 2 lettuce leaves
 - 1 T mayonnaise

- 1 bowl vegetable soup
- 1 medium banana
- water

Pre-practice Snack

- 2 low fat granola bars

Post-practice Snack

- 16 oz. orange juice
- 1 cup applesauce

Dinner

- tossed salad with 1 Tablespoon dressing
- baked potato with 2 tsp. butter or margarine
- 1½ cups pasta with tomato sauce
- 1 cup broccoli
- 3 oz. grilled salmon

Snack

- 3 – 2" oatmeal cookies
- 8 oz. skim milk
- 1 medium orange

Nutrition Information:

Calories	3240
Carbohydrate	525 grams (64%)
Protein	103 grams (13%)
Fat	83 grams (23%)

4600 Calories

Breakfast

1½ cups wheaties with a banana and 1 cup skim milk

english muffin with 1T jam

16 oz. grapefruit juice

Snack

small box of raisins

Lunch

tuna salad sandwich (4 oz.) on whole wheat bread

2 cups green salad with 1T dressing

1 cup low-fat yogurt

16 oz. cranberry juice

Post-practice Snack

2 oz. bag pretzels

16 oz. orange juice

Dinner

4 oz. grilled chicken

2 small dinner rolls with 1T soft margarine

1 cup sautéed spinach (2t olive oil)

2 cups brown rice (add 2T soft margarine)

1 cup juice pack fruit cocktail

Snack

2T peanut butter on 2 slices whole wheat toast

Snack

4 – 2" oatmeal cookies, 1 cup skim milk

Nutrition Information:

Calories	4572
Carbohydrate	721 grams (63%)
Protein	143 grams (13%)
Fat	124 grams (24%)