



SAMPLE SPORTS NUTRITION MEAL PLANS

Average 2,000 – 2,500 Calories

Breakfast:

1 cup orange juice (plus Ca)
1 cup cereal – 100% iron
1 cup skim milk
1 slice wheat toast/peanut butter
2 cups water

1 cup orange juice (plus Ca)
2 whole grain waffles/syrup
1 cup skim or soy milk
1 banana
2 cups water

1 cup apple juice (plus Ca)
1 bagel/lite cream cheese
_ grapefruit
2 cups water

Lunch:

3 oz. roast beef sandwich
with mustard/ketchup
1 cup grapes
1 cup baby carrots
1 cup skim milk
2 cups water

1 turkey/veggie sub
1 pkg. chips
16 oz. lemonade
2 cups water

1 slice ham/veggie pizza
1 apple
16 oz. orange juice
2 cups water

Snack:

1 Cereal bar/calcium
1 pear
2 cups water

1 lowfat yogurt
3 graham crackers
2 cups water

1 sports or energy Bar
2 cups water

Dinner:

2 soft tacos
Side salad/lowfat dressing
_ cup refried beans
1 cup skim milk
2 cups water

4 oz. chix breast or veggie burger
1 cup pasta/sauce
1 cup steamed broccoli
1 cup grapes
1 cup skim milk
2 cups water

4 oz. lean pork chop
1 cup corn or potatoes
1 cup mixed vegetables
1 cup melon
1 cup skim milk
2 cups water

Snack:

1 shake with:
_ cup frozen yogurt
_ cup skim milk
_ tsp. vanilla
_ cup frozen fruit
2 cups water

1 cup trail mix
(1/2 cup cereal; _ cup raisins/nuts)
1 cup fresh veggies/lowfat dip
2 cups water

3 oatmeal cookies
Crystal Lite
1 apple
2 cups water

Grocery List

Produce

Bananas
Oranges/Grapefruit
Apples
Strawberries
Melon
Pears

Carrots and baby carrots
Pre-made dark greens and spinach salad
Potatoes for quick baking in the microwave
Onions and garlic
Broccoli and cauliflower
Green, red, and yellow peppers

Meat/Protein

Deli roast beef, turkey, and ham
Sirloin or round steak/roast beef
Chicken breasts

Lean ground turkey and ground beef
Lean pork chops
Lean ham

Refrigerated Items

Orange Juice with calcium
Eggs
Lowfat pudding
Mozzarella cheese sticks
Fortified soy milk

Skim or 1% milk
Nonfat or lowfat yogurt
Lowfat cottage cheese / cream cheese
Lowfat cheese slices
Tortillas

Canned/Bottled Items

Pears, peaches, and mixed fruit
Pineapple chunks
Canned beans and corn
Diced tomatoes
Baked beans
Pasta sauce
Peanut butter

Canned tuna or salmon in water
Applesauce
Soups
Refried, black, or red beans
Vegetable and fruit juices
Salsa
Nuts, seeds, and dried fruit

Dry Goods

Whole grain cereals
Whole wheat and regular pasta
100% Whole wheat bread
Carnation Instant Breakfast Mix
Graham crackers
Microwave popcorn
Pasta

Oatmeal / cream of wheat
Minute brown rice and white rice
English muffins
Cereal and sports bars
Fig bars and cookies
Taco shells / Lowfat tortilla chips
Mac and cheese

Frozen Items

Whole grain waffles
Frozen yogurt/ice cream
Veggie burgers

Frozen bagels
Fruit juice bars, pudding pops, and popsicles
Chix nuggets (with soy)