



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>2500 Calories Athletic Training - Day 01</b>							
<b>Breakfast - Prepare oats w/milk. Top w/nuts. Pro w/water/berrie</b>							
14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
3	0.8	cup	Dry steel cut oats	7.50	40.50	3.75	225.00
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
5	1.5	cup	Milk - 1%	12.00	17.55	3.90	153.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>36.00</b>	<b>66.05</b>	<b>11.40</b>	<b>503.00</b>
<b>Snack 1 - Spread almond butter on muffin. Sprinkle w seeds.</b>							
21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
8	0.5	tablespoon	Pumpkin seeds, roasted, unsalted	1.00	0.50	1.75	20.00
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
<b>Totals for Snack 1</b>				<b>7.81</b>	<b>28.66</b>	<b>7.64</b>	<b>204.48</b>
<b>Lunch - Toss ing together. Serve w melba.</b>							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	3.90	10.68	1.54	69.70
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
1	1.0	each	Egg Whites - scrambled/boiled	3.50	0.30	0.00	17.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	0.1	cup	Sliced avocado	0.38	1.50	2.63	28.75
<b>Totals for Lunch</b>				<b>52.78</b>	<b>65.98</b>	<b>9.57</b>	<b>566.45</b>
<b>Snack 2 - Bean, cheese burrito wrap.</b>							
1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	0.3	cup	Beans	3.00	8.50	0.25	50.00
21	0.1	cup	Salsa	0.50	2.03	0.05	8.74
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<b>Totals for Snack 2</b>				<b>19.50</b>	<b>31.53</b>	<b>3.80</b>	<b>208.74</b>
<b>Dinner - Roast tilapia. W/beans/quinoa, brocc/spinac salad.</b>							
4	1.3	cup	Black beans	17.50	50.00	1.25	250.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
17	1.3	1 cup	Quinoa, cooked	10.83	52.41	4.72	295.26
1	8.0	ounce(s)	Tilapia	48.00	0.00	0.00	200.00
<b>Totals for Dinner</b>				<b>81.65</b>	<b>117.79</b>	<b>8.85</b>	<b>833.66</b>
<b>Snack 3</b>							
8	0.3	cup	Cottage Cheese - 1% fat	9.24	2.05	0.76	54.12
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<b>Totals for Snack 3</b>				<b>10.24</b>	<b>25.05</b>	<b>0.76</b>	<b>144.12</b>
<b>Totals For 2500 Calories Athletic Training - Day 01</b>				<b>207.98</b>	<b>335.06</b>	<b>42.02</b>	<b>2460.45</b>

Breakfast - Egg white/tom/mush in spread. oats w/milk.

6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	6.0	large	Egg white	24.00	0.00	0.00	90.00
6	1.5	cup	Fresh mushrooms	3.24	3.42	0.36	23.10
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
10	0.5	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
21	3.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	4.50	45.00
Totals for Breakfast				45.04	65.42	10.66	500.60

Snack 1

3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
Totals for Snack 1				6.00	39.00	3.50	200.00

Lunch - Tuna veg pasta salad.

6	0.3	cup	Artichokes	1.65	6.60	0.17	29.70
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
1	6.0	ounce(s)	Water packed white tuna	42.00	0.00	6.00	210.00
3	1.8	cup	Whole wheat pasta, cooked	12.25	64.75	1.75	297.50
Totals for Lunch				56.90	81.35	12.42	632.20

Snack 2

0	0.8	ounce(s)	guacamole	0.38	1.50	2.81	31.88
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
Totals for Snack 2				8.38	13.20	5.41	133.88

Dinner - Toss potato in oil/season/roast.

6	16.0	each	Asparagus spears	5.60	9.92	0.32	51.20
2	1.0	each	Baked potato, large	7.00	63.00	0.00	280.00
6	2.3	cup	Broccoli	8.37	25.20	1.44	122.85
1	8.0	ounce(s)	Extra lean beef	50.00	4.00	6.00	260.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
Totals for Dinner				70.97	102.12	12.26	754.05

Snack 3

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
Totals for Snack 3				29.00	33.20	2.30	264.00
Totals For 2500 Calories Athletic Training - Day 02				216.29	334.29	46.55	2484.73

Breakfast - Top waffle w fried egg/bacon/honey.

1	2.0	ounce(s)	Canadian bacon, extra lean	12.00	2.00	2.00	70.00
1	2.0	each	Egg whole w/ yolk	13.40	2.60	14.60	200.00
22	1.3	tablespoon	Honey	0.13	21.62	0.00	80.00
16	2.0	each	Van's Whole Grain Waffles	5.00	25.00	5.00	150.00
Totals for Breakfast				30.53	51.22	21.60	500.00

Snack 1 - Open faced peanut butter banana s/wich.

3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
Totals for Snack 1				6.00	39.00	3.50	200.00

Lunch - Toss ingredients for a hearty salad.

6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
6	0.5	cup	Cucumber	0.50	2.00	0.00	7.50
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
6	2.0	cup	Roasted beets	2.00	22.00	0.00	100.00
14	1.0	tablespoon	Sunflower seeds	2.00	2.00	4.00	45.00
1	7.0	ounce(s)	Turkey breast	59.50	0.00	1.40	266.00
Totals for Lunch				68.70	69.58	6.94	611.30

Snack 2 - Hummus tortilla wraps.

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
6	0.3	cup	Mixed vegetables (non starchy)	0.33	2.31	0.00	13.20
Totals for Snack 2				8.33	32.31	5.00	203.20

Dinner - Roast chicken/vegetables w/oil.

6	12.0	each	Asparagus spears	4.20	7.44	0.24	38.40
2	1.0	each	Baked potato, large	7.00	63.00	0.00	280.00
6	2.0	cup	Broccoli	7.44	22.40	1.28	109.20
6	2.0	cup	Carrots	2.26	23.38	0.58	100.00
1	8.0	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
6	0.5	1 small	Onions, raw	0.39	3.27	0.04	14.00
Totals for Dinner				73.29	119.49	5.34	789.60

Snack 3

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup pieces	Mangos, raw	1.35	24.72	0.63	99.00
Totals for Snack 3				15.35	27.82	1.78	181.00
Totals For 2500 Calories Athletic Training - Day 03				202.20	339.42	44.16	2485.10

**Breakfast - Egg white scramble wraps w/raisin/melon salad**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	3.0	large	Egg white	12.00	0.00	0.00	45.00
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
7	1.0	1 cup, diced (approx 20 pieces per cup)	Melons, honeydew, raw	0.92	15.45	0.24	61.20
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
3	2.0	each	Whole wheat wrap	18.00	40.00	3.00	200.00
<i>Totals for Breakfast</i>				<b>39.23</b>	<b>85.18</b>	<b>5.54</b>	<b>479.24</b>

**Snack 1 - Open faced almond butter banana sandwich.**

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Snack 1</i>				<b>5.73</b>	<b>37.88</b>	<b>9.91</b>	<b>257.50</b>

**Lunch - Salmon quinoa salad.**

1	0.5	cup	Beans	6.00	17.00	0.50	100.00
1	5.0	ounce(s)	Canned salmon	35.00	0.00	5.00	200.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
17	1.5	1 cup	Quinoa, cooked	12.21	59.11	5.33	333.00
<i>Totals for Lunch</i>				<b>54.21</b>	<b>80.61</b>	<b>11.83</b>	<b>658.00</b>

**Snack 2 - Peanut butter wrap w/ milk.**

5	0.8	cup	Milk - 1%	6.00	8.77	1.95	76.50
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Snack 2</i>				<b>16.00</b>	<b>29.77</b>	<b>6.45</b>	<b>206.50</b>

**Dinner - Season/grill or broil shrimp.**

3	2.0	cup	Brown rice, cooked	10.00	90.00	4.00	440.00
6	2.0	cup	Green beans, steamed or boiled	6.00	14.00	1.00	90.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
1	9.0	ounce(s)	Shrimp	36.00	0.00	0.00	180.00
<i>Totals for Dinner</i>				<b>52.00</b>	<b>104.00</b>	<b>9.50</b>	<b>750.00</b>

**Snack 3 - Process berries w/ protein/water.**

7	1.0	cup	Fresh blueberries	1.07	21.01	0.48	82.65
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				<b>16.07</b>	<b>21.01</b>	<b>1.48</b>	<b>152.65</b>
<b>Totals For 2500 Calories Athletic Training - Day 04</b>				<b>183.24</b>	<b>358.45</b>	<b>44.71</b>	<b>2503.89</b>

## 2500 Calories Athletic Training - Day 05

### Breakfast - Spread nut butter on bread. With protein bar/milk

21	0.8	tablespoon	Almond Butter	1.50	2.25	6.75	75.75
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
8	1.0	each	Kind Bar, Peanut Butter Dark Chocolate + Protein	7.00	17.00	13.00	200.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Breakfast</i>				<b>19.83</b>	<b>54.73</b>	<b>23.36</b>	<b>490.25</b>

### Snack 1 - Top yogurt w/ cereal & slivced banana.

15	0.3	cup	Bran Flakes - cereal	1.50	11.50	0.00	45.00
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<i>Totals for Snack 1</i>				<b>10.50</b>	<b>38.50</b>	<b>0.00</b>	<b>195.00</b>

### Lunch - Roast/grill chicken. W/rice and vegetables.

4	0.3	cup	Black beans	4.62	13.20	0.33	66.00
3	2.0	cup	Brown rice, cooked	10.00	90.00	4.00	440.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
6	0.3	cup	Mixed vegetables (non starchy)	0.33	2.31	0.00	13.20
<i>Totals for Lunch</i>				<b>53.95</b>	<b>105.51</b>	<b>6.73</b>	<b>705.20</b>

### Snack 2 - Rice/bean/cheese burrito.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
1	0.5	ounce(s)	2% milkfat cheddar cheese	3.50	0.50	1.00	25.00
1	0.3	cup	Beans	3.00	8.50	0.25	50.00
3	0.3	cup	Brown rice, cooked	1.25	11.25	0.50	55.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
<i>Totals for Snack 2</i>				<b>10.75</b>	<b>33.25</b>	<b>2.75</b>	<b>204.00</b>

### Dinner - Saute chick/onion in oil. Add sauce/overspaghetti

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
1	8.0	ounce(s)	Lean ground turkey, raw	56.00	0.00	0.00	240.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
6	1.0	each	Salad	1.00	3.00	0.00	10.00
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
3	2.0	cup	Whole wheat spaghetti, cooked	14.92	74.32	1.52	347.20
<i>Totals for Dinner</i>				<b>79.86</b>	<b>101.42</b>	<b>8.09</b>	<b>765.35</b>

### Snack 3 - Process pro powder/berries and water.

1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				<b>16.00</b>	<b>9.00</b>	<b>1.00</b>	<b>130.00</b>
<b>Totals For 2500 Calories Athletic Training - Day 05</b>				<b>190.89</b>	<b>342.41</b>	<b>41.93</b>	<b>2489.80</b>

2500 Calories Athletic Training - Day 06

Breakfast

6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
6	1.5	cup	Fresh mushrooms	3.24	3.42	0.36	23.10
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
10	0.7	cup	Oatmeal - quick, measure uncooked	8.71	36.83	3.96	196.02
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
Totals for Breakfast				39.15	74.35	10.12	503.12

Snack 1

5	0.5	cup	Cottage cheese	13.50	4.00	3.00	95.00
7	1.5	cup	Sliced fresh peaches	2.32	24.33	0.65	99.45
Totals for Snack 1				15.82	28.33	3.65	194.45

Lunch - Toss ingredient in to go container.

3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
3	1.2	cup	Cooked lentils	20.70	46.00	1.15	264.50
Totals for Lunch				58.70	92.75	5.15	647.00

Snack 2 - Top waffles w yogurt and cherries.

1	2.0	ounce(s)	Greek yogurt, plain, non fat	4.00	2.00	0.00	30.00
7	0.5	cup	Unsweetened frozen cherries	0.50	8.50	0.25	35.00
16	2.0	each	Van's Whole Grain Waffles	5.00	25.00	5.00	150.00
Totals for Snack 2				9.50	35.50	5.25	215.00

Dinner - Grill beef. W/brocc/quinoa /spinach salad.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
1	6.0	ounce(s)	Extra lean beef	37.50	3.00	4.50	195.00
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
17	2.0	1 cup	Quinoa, cooked	16.28	78.81	7.10	444.00
Totals for Dinner				60.96	102.79	17.30	784.70

Snack 3 - Yogurt with blueberries.

7	1.0	cup	Frozen unsweetened blueberries	0.65	18.86	0.99	79.05
1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
Totals for Snack 3				12.65	24.86	0.99	169.05
Totals For 2500 Calories Athletic Training - Day 06				196.78	358.58	42.46	2513.32



**Breakfast - Cook oats w milk. Top w berries/nuts.**

3	1.0	cup	Dry steel cut oats	10.00	54.00	5.00	300.00
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
5	1.5	cup	Milk - 1%	12.00	17.55	3.90	153.00
14	0.8	tablespoon	Slivered almonds	0.75	0.75	2.63	30.00
<i>Totals for Breakfast</i>				<b>23.25</b>	<b>79.80</b>	<b>12.03</b>	<b>513.00</b>

**Snack 1 - Peanut butter banana bagel.**

1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
3	0.5	each	Wheat bagel	5.00	24.00	0.75	125.00
<i>Totals for Snack 1</i>				<b>6.50</b>	<b>36.50</b>	<b>3.75</b>	<b>200.00</b>

**Lunch - Spread hummus on wraps, top w/turkey/greens/tomato**

6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
6	4.0	each	Tomato slice	0.68	3.72	0.28	16.80
1	8.0	ounce(s)	Turkey breast	68.00	0.00	1.60	304.00
3	2.0	each	Whole wheat wrap	18.00	40.00	3.00	200.00
<i>Totals for Lunch</i>				<b>89.18</b>	<b>54.22</b>	<b>7.88</b>	<b>598.30</b>

**Snack 2**

1	16.0	each	Almonds, unsalted	0.00	0.00	8.00	80.00
7	1.3	cup	Grapes	1.25	33.75	0.00	125.00
<i>Totals for Snack 2</i>				<b>1.25</b>	<b>33.75</b>	<b>8.00</b>	<b>205.00</b>

**Dinner - Roast/grill chick. W/salad/farro/asparagus.**

6	16.0	each	Asparagus spears	5.60	9.92	0.32	51.20
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
3	2.0	1/2 cup	Farro, uncooked	12.00	68.00	3.00	340.00
6	2.0	cup	Mixed green salad	2.00	6.00	0.00	20.00
<i>Totals for Dinner</i>				<b>64.18</b>	<b>102.72</b>	<b>6.68</b>	<b>689.10</b>

**Snack 3 - Top cereal w milk/berries.**

7	0.1	1 cup	Blueberries, raw	0.14	2.79	0.06	10.97
15	1.0	cup	Bran Flakes - cereal	6.00	46.00	0.00	180.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
<i>Totals for Snack 3</i>				<b>14.14</b>	<b>60.49</b>	<b>2.66</b>	<b>292.97</b>

<i>Totals For 2500 Calories Athletic Training - Day 07</i>				<b>198.50</b>	<b>367.48</b>	<b>41.00</b>	<b>2498.37</b>
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