



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
2500 Calories Athletic Training - Day 01							
Breakfast - Prepare oats w/milk. Top w/nuts. Pro w/water/berrie							
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
Totals for Breakfast				36.00	66.05	11.40	503.00
Snack 1 - Spread almond butter on muffin. Sprinkle w seeds.							
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
Totals for Snack 1				7.81	28.66	7.64	204.48
Lunch - Toss ing together. Serve w melba.							
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
Totals for Lunch				52.78	65.98	9.57	566.45
Snack 2 - Bean, cheese burrito wrap.							
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
Totals for Snack 2				19.50	31.53	3.80	208.74
Dinner - Roast tilapia. W/beans/quinoa, brocc/spinac salad.							
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
Totals for Dinner				81.65	117.79	8.85	833.66
Snack 3							
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
Totals for Snack 3				10.24	25.05	0.76	144.12
Totals For 2500 Calories Athletic Training - Day 01				207.98	335.06	42.02	2460.45

2500 Calories Athletic Training - Day 02

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
<i>Totals for Breakfast</i>				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
<i>Totals for Snack 1</i>				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
<i>Totals for Lunch</i>				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
<i>Totals for Snack 2</i>				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
<i>Totals for Dinner</i>				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
<i>Totals for Snack 3</i>				29.00	33.20	2.30	264.00

Totals For 2500 Calories Athletic Training - Day 02				216.29	334.29	46.55	2484.73
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2500 Calories Athletic Training - Day 03

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
<i>Totals for Breakfast</i>				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
<i>Totals for Snack 1</i>				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
<i>Totals for Lunch</i>				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
<i>Totals for Snack 2</i>				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
<i>Totals for Dinner</i>				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
<i>Totals for Snack 3</i>				15.35	27.82	1.78	181.00

Totals For 2500 Calories Athletic Training - Day 03				202.20	339.42	44.16	2485.10
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2500 Calories Athletic Training - Day 04

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>				39.23	85.18	5.54	479.24

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>				5.73	37.88	9.91	257.50

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>				54.21	80.61	11.83	658.00

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>				16.00	29.77	6.45	206.50

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>				52.00	104.00	9.50	750.00

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>				16.07	21.01	1.48	152.65

Totals For 2500 Calories Athletic Training - Day 04				183.24	358.45	44.71	2503.89
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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>				19.83	54.73	23.36	490.25

Snack 1 - Top yogurt w/ cereal & sliced 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>				10.50	38.50	0.00	195.00

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>				53.95	105.51	6.73	705.20

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>				10.75	33.25	2.75	204.00

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>				79.86	101.42	8.09	765.35

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>				16.00	9.00	1.00	130.00

Totals For 2500 Calories Athletic Training - Day 05				190.89	342.41	41.93	2489.80
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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
<i>Totals for Breakfast</i>				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
<i>Totals for Snack 1</i>				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
<i>Totals for Lunch</i>				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
<i>Totals for Snack 2</i>				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
<i>Totals for Dinner</i>				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
<i>Totals for Snack 3</i>				12.65	24.86	0.99	169.05

Totals For 2500 Calories Athletic Training - Day 06				196.78	358.58	42.46	2513.32
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2500 Calories Athletic Training - Day 07

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>				23.25	79.80	12.03	513.00

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>				6.50	36.50	3.75	200.00

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>				89.18	54.22	7.88	598.30

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>				1.25	33.75	8.00	205.00

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>				64.18	102.72	6.68	689.10

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>				14.14	60.49	2.66	292.97

Totals For 2500 Calories Athletic Training - Day 07				198.50	367.48	41.00	2498.37
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