

## **2000 CALORIE DIET**

*Appropriate for some female athletes who have a low body weight or are trying to lose weight, likely from sports such as golf, diving, and softball.*

**Breakfast** 2 cups of Cheerios with 1 cup of skim milk  
1 medium banana

**Morning Snack** 12 baby carrots

**Lunch** 3 slices of turkey breast on 2 slices of whole wheat bread with lettuce, tomato, 1 slice of Swiss cheese and 1 Tbsp of mayonnaise, 1 medium apple

**Afternoon Snack** Peanut butter granola bar

**Dinner** Salad containing 1 cup spinach, 3 oz. grilled chicken breast, 1/2 cup chickpeas, 1/2 cup canned mandarin oranges, mushroom, and onion topped with 1/2 oz. dried walnuts and 1 Tbsp red wine vinaigrette, 1 cup skim milk

**Evening Snack** 6 oz. low-fat yogurt

**During Practice** Approximately 3 cups of a Gatorade\Powerade

## **2500 CALORIE DIET**

*Appropriate for female athletes who are involved in cross-country, softball, diving, and golf as well as some low body weight female athletes in tennis, volleyball, and swimming.*

**Breakfast** 2 packets instant oatmeal mixed with 1/2 cup skim milk and 1 cup strawberries

**Morning Snack** 1/4 cup of dry roasted almonds

**Lunch** Tuna salad sandwich on 2 slices rye bread made with 3 oz. tuna, 2 tsp mayonnaise, celery, lettuce, and topped with tomato slices, 1 medium pear  
16 wheat thin crackers dipped in 1 Tbsp hummus

**Afternoon Snack** 1/4 cup of granola cereal mixed in 6 oz. low-fat yogurt

**Dinner** 3 oz. grilled or roasted chicken breast  
1 large baked sweet potato topped with 2 tsp brown sugar and 1 Tbsp margarine  
1 whole wheat dinner roll  
2 cups salad with mixed greens, cucumber, tomato, sunflower seeds, and 1 Tbsp red wine vinaigrette dressing

**Evening Snack** 3 cups of reduced-fat popcorn  
2 pieces part-skim mozzarella string cheese

**During Practice** Approximately 4 cups of Powerade\Gatorade

## **3000 CALORIE DIET**

*Appropriate for female athletes who are involved in basketball, track, soccer as well as some female athletes from volleyball, tennis, and swimming. Male athletes who maintain a low body weight or want to lose weight may also follow this plan.*

**Breakfast** 4 frozen multigrain waffles topped with 1/2 cup of blueberries, 1 Tbsp of margarine, and 2 Tbsp of maple syrup

**Morning Snack** 1 medium banana covered with 2 Tbsp natural peanut butter

**Lunch** 6" steak sub on wheat bread with 3 oz. grilled sirloin, 1 slice part-skim mozzarella cheese, onion, and green pepper, 1 cup skim milk

**Afternoon Snack** 8 Triscuit crackers dipped in 3 Tbsp of hummus

**Dinner** 1-1/2 cups whole wheat pasta with marinara sauce containing grilled chicken breast, tomatoes, and broccoli, 1 whole wheat dinner roll with 1 tsp margarine spread, 1 cup skim milk

**Evening Snack** 1 Oats 'N Honey granola bar

**During Practice** Approximately 4 cups of Powerade\Gatorade

## **3500 CALORIE DIET**

*Appropriate for some male athletes from tennis, cross-country, swimming, baseball, golf, and diving. Some very active female athletes may require this calorie level to maintain their weight.*

**Breakfast** Egg sandwich with 1 scrambled egg and 1 slice of 2% cheddar cheese on a whole wheat English muffin, 1 cup of 1% milk, 1 grapefruit with 1 Tbsp sugar

**Morning Snack** 1 cup of grapes, 6 oz. of low-fat yogurt with 1/4 cup granola cereal

**Lunch** Chicken Caesar pita with 1/2 grilled chicken breast, romaine lettuce, tomato, cucumber, 2 Tbsp Caesar salad dressing, and 1 Tbsp Parmesan cheese  
1 medium orange, 1/2 cup goldfish crackers

**Afternoon Snack** 1 cup applesauce, 1/4 cup dry roasted almonds

**Dinner** Stir-fry with 5 oz. sirloin steak, 1 cup brown rice, and sautéed green pepper, onion, sugar snap peas, and broccoli

**Evening Snack** 1 large baked tortilla dipped in 1 cup thick-and-chunky salsa  
1 cup of 1% milk

**During Practice** Approximately 5 cups of Powerade\Gatorade

## **4000 CALORIE DIET**

*Appropriate for most male athletes involved in sports such as football, basketball, track as well as some from baseball, tennis, cross-country, and swimming.*

**Breakfast** 1 cup of granola cereal mixed with 1 cup of strawberries and 1 cup of 2% milk, 1 cup of 100% orange juice

**Morning Snack** Peanut butter and jelly sandwich on 2 slices of whole wheat bread

**Lunch** 1 baked chicken breast with 2 cups of rice, 1/2 cup of peas and 1/2 cup of corn, 1 cup of 2% milk

**Afternoon Snack** 12 baby carrots dipped in low-fat ranch dressing, 1 small bowl of pretzels

**Dinner** 3 beef soft tacos topped with shredded cheese, tomatoes, onion, lettuce, and thick and chunky salsa

**Evening Snack** 1 medium apple dipped in 6 oz. of low-fat yogurt

**During Practice** Approximately 6 cups of Powerade\Gatorade

## **5000 CALORIE DIET**

*Appropriate for high weight football players as well as basketball or football players trying to gain weight.*

**Breakfast** 3 large scrambled eggs, 2 slices whole wheat toast topped with 2 tsp margarine and 2 Tbsp jelly, 1 cup of 100% apple juice

**Morning Snack** 1 medium orange, 1 whole wheat bagel topped with 2 Tbsp of natural peanut butter

**Lunch** 1 chicken breast with 1 cup of macaroni and cheese, 1 cup mixed vegetables, 1 cup of 100% grape juice

**Afternoon Snack** 1 muscle milk or high protein shake, 1 medium apple

**Dinner** 6 oz. sirloin steak, 2 cups black beans and rice, 2 cups mixed salad greens and vegetables with Italian dressing, 1 cup of 100% orange juice

**Evening Snack** 2 cups of 2% chocolate milk, 1/2 cup dry roasted almonds

**During Practice** Approximately 6 cups of Powerade\Gatorade

**When planning your own meals for home or eating out, think about dividing your plate into thirds: cover 1/3 with fruits or vegetables, 1/3 with high-fiber starches, and 1/3 with lean protein.**