

## Sports Nutrition Menus

### Breakfast...2 to 3 hours before... 400 – 800 Calorie Meals:

<b>Meal #1</b>	<b>Totals</b>
1 cup cold cereal	460 total calories
1/2 cup 2% milk	62% carbohydrate cal.
2 slices toast	13% protein calories
1 fruit	25% fat calories
<b>Meal #2</b>	<b>Totals</b>
2 scrambled eggs	638 total calories
2 – 8” Flour tortillas	62% carbohydrate cal.
1 fruit	15% protein calories
1 cup juice	23% fat calories
<b>Meal #3</b>	<b>Totals</b>
4” toasted bagel	473 total calories
1 tbsp. Peanut butter	61% carbohydrate cal.
1 medium apple sliced	16% protein calories
1 cup low fat milk (1%)	23% fat calories
<b>Meal #4</b>	<b>Totals</b>
2 toasted waffles	647 total calories
¼ cup of syrup	71% carbohydrate cal.
1 cup low fat milk (1%)	12% protein calories
	17% fat calories
<b>Meal #5</b>	<b>Totals</b>
2 toasted waffles	721 total calories
¼ cup of syrup	72% carbohydrate cal.
1 cup low fat milk (1%)	10% protein calories
	18% fat calories
<b>Meal #6</b>	<b>Totals</b>
4” bagel w/1tbs.cream cheese	530 total calories
1 fruit	70% carbohydrate cal.
1 cup fruit juice	8% protein calories
	22% fat calories
<b>Meal #7</b>	<b>Totals</b>
2 – 7” pancakes	680 total calories
¼ cup syrup	70% carbohydrate cal.
1 cup low fat milk (1%)	11% protein calories
	19% fat calories

## Lunch & Dinner...400 – 700 Calorie Meals:

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<b>Meal #1</b>	<b>Totals</b>
1 slice cheese pizza	638 total calories
2 large pretzels, dutch	73% carbohydrate cal.
1 medium apple	11% protein calories
1 cup cranberry juice	15% fat calories
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<b>Meal #2</b>	<b>Totals</b>
1 cup minestrone soup	478 total calories
1 pita pocket	57% carbohydrate cal.
3 oz. tuna in water	22% protein calories
1 tsp. low-cal mayonnaise	16% fat calories
½ cup lettuce, tomato, & onion	
8 oz. lemonade	
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<b>Meal #3</b>	<b>Totals</b>
1 flour tortilla	541 total calories
3 oz. stuffed w/ turkey breast	52% carbohydrate cal.
1 oz. American cheese	22% protein calories
1 tsp. low-cal mayonnaise	26% fat calories
¼ cup tomato & onion	
1 large pear	
2 large pretzels, dutch	
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<b>Meal #4</b>	<b>Totals</b>
1 cup split pea soup	634 total calories
Tossed salad:	75% carbohydrate cal.
2 cups romaine lettuce	11% protein calories
1/4 tomato	14% fat calories
2 slices onion	
½ cup carrots	
¼ cup croutons	
1 tbsp. Italian, low-cal dressing	
2 slices bread	
1 tbsp jelly	
8 oz. cranberry juice	
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<b>Meal #5</b>	<b>Totals</b>
1 whole english muffin	474 total calories
1 oz. provolone cheese	66% carbohydrate cal.
½ cup sliced mushrooms	15% protein calories
¼ cup tomato sauce	19% fat calories
½ cup frozen yogurt	
1 medium apple	

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