

USDA National Nutrient Database for Standard Reference

The following meal plans are provided as guidelines for creating a proper nutrition plan for high school athletes. These plans were developed for the growing adolescent 200lbs. male defensive lineman with a game on Friday evening. The example provides a 24 hour nutrition intake split into 5 "meals." Those meals are dinner the night before, breakfast, lunch, pre-game snack and post-game snack. There are 3 sets of choices for each meal. The total macro nutrients that are listed (and iron and calcium) are based on these sequences and portion sizes.

Food Item	Meal	Portion size	total kcals	kcals CHO	gms CHO	kcals PRO	gms PRO	kcals FAT	gms FAT	Iron	Calcium	
Meal Plan A	Dinner	cooked white rice	2 cups	411	369	92	34.0	8.5	8	1	3.8	32
		lean beef	.5 lbs	520	11	3	260.0	65.0	249	28	4.2	48
		mixed oriental vegetables	1 cup	67	54	13	10.2	2.6	3	0	1.2	38
		orange navel	1 serving	75	67	17	5.6	1.4	2	0	0.2	66
		blueberries	1 cup	84	75	19	4.4	1.1	4	0	0.4	9
		raspberries	1 cup	64	51	13	5.9	1.5	7	1	0.9	31
		2% milk	1 cup	122	47	12	32.2	8.1	43	5	0.1	285
	Breakfast	2% milk	1 cup	122	47	12	32.2	8.1	43	5	0.1	285
		OJ	6 oz	84	78	19	5.1	1.3	1	0	0.2	17
		cooked oatmeal	200 gms	122	97	24	16.6	4.1	8	1	1.1	16
		turkey sub	12"	560	326	82	144.0	36.0	90	10	6.0	8
	Lunch	sport drink	1 L	156	156	39					1.2	10
		Pre-game	sport bar	1	236	181	45	36.8	9.2	18	2	7.6
	sport drink		1 L	156	156	39					1.2	10
	Post-game		trail mix	1 cup	707	205	51	82.9	20.7	419	47	5.0
		sport drink	1 L	156	156	39					1.2	10
		24 hour total		3642	2075	518	669.9	167.5	897	100	34.3	1352
	24 hour percentages			57% CHO			18% PRO			25% FAT		

		Food Item	Meal	Portion size	total kcals	kcals CHO	gms CHO	kcals PRO	gms PRO	kcals FAT	gms FAT	Iron	Calcium
Meal Plan B		cooked spaghetti noodles	Dinner	2 cups	440	352	88	65.0	16.2	23	3	3.6	20
		spaghetti sauce with beef		8 tbsp	546	328	82	35.4	8.8	183	20		
		lean ground beef		.5 lbs	297	12	3	179.7	44.9	105	12	5.0	14
		tossed salad		1.5 cups	33	21	5	10.4	2.6	1	0	1.3	27
		Italian dressing		2 tbsp	86	11	3	0.4	0.1	75	8	0.2	2
		apple		1 serving	80	76	19	1.6	0.4	2	0	0.2	9
		strawberries		1 serving	47	39	10	3.9	1.0	4	0	0.6	24
		2% milk		1 cup	122	47	12	32.2	8.1	43	5	0.1	285
		French toast	Breakfast	3 slices	447	197	49	60.1	15.0	190	21	3.3	195
		maple syrup		3 tbsp	157	156	39			1	0	0.7	40
		OJ		6 oz	84	78	19	5.1	1.3	1	0	0.2	17
		ravioli	Lunch	2 cups	449	267	67	64.4	16.1	117	13	3.3	54
		sport drink		1 L	156	156	39					1.2	10
		sport bar	Pre-game	1	236	181	45	36.8	9.2	18	2	7.6	328
		sport drink		1 L	156	156	39					1.2	10
		oatmeal cookies	Post-game	100 gm	406	277	69	20.7	5.2	109	12	2.4	38
	sport drink	1 L		156	156	39					1.2	10	
	24 hour total			3898	2510	627	516	129	873	97	32	1083	
				24 hour percentages		64% CHO		13% PRO		22% FAT			

		Food Item	Meal	Portion size	total kcals	kcals CHO	gms CHO	kcals PRO	gms PRO	kcals FAT	gms FAT	Iron	Calcium	
Meal Plan C		mashed potatoes	Dinner	2 cups	475	284	71	31.4	7.9	159	18	1.1	101	
		salmon steak		.5 lbs	412	13	3	176.8	44.2	222	25	0.7	30	
		green beans		1 cup	44	31	8	9.4	2.4	3	0	0.8	55	
		banana		1 serving	121	111	28	5.9	1.5	4	0	0.4	7	
		blueberries		1 cup	84	75	19	4.4	1.1	4	0	0.4	9	
		2% milk		1 cup	122	47	12	32.2	8.1	43	5	0.1	285	
		bagel	Breakfast	1	289	230	57	44.1	11.0	15	2	3.7	19	
		cream cheese		1 oz	84	3	1	8.0	2.0	73	8	0.3	20	
		OJ		6 oz	84	78	19	5.1	1.3	1	0	0.2	17	
		yogurt		8 oz	218	167	42	34.5	8.6	16	2	0.2	284	
		baked chicken	Lunch	1 breast	386	15	4	233.6	58.4	137	15	2.1	27	
		mashed potatoes		2 cups	475	284	71	31.4	7.9	159	18	1.1	101	
		tossed salad		1.5 cups	33	21	5	10.4	2.6	1	0	1.3	27	
		Italian dressing		2 tbsp	86	11	3	0.4	0.1	75	8	0.2	2	
		strawberries		1 serving	47	39	10	3.9	1.0	4	0	0.6	24	
		blueberries		1 cup	84	75	19	4.4	1.1	4	0	0.4	9	
		sport bar	Pre-game	1	236	181	45	36.8	9.2	18	2	7.6	328	
		sport drink		1 L	156	156	39					1.2	10	
	peanut butter	Post-game	2 tbl spoon	376	22	5	64.2	16.1	290	32	1.2	28		
	whole wheat bread		2 slices	138	92	23	29.0	7.3	17	2	1.4	60		
	sport drink		1 L	156	156	39					1.2	10		
	24 hour total			4106	2091	522	766	192	1249	139	26	1453		
				24 hour percentages		51% CHO		19% PRO		30% FAT				