



# Sample 6000-calorie Nutrition Plan for Athletes

*(there are many ways to meet these nutrition goals...these are just some suggestions)*

## **Breakfast:**

4 scrambled eggs/cheese  
2 whole wheat bagels with peanut butter/jelly or honey  
Banana or fresh fruit  
2 glasses of juice + 2 glasses of skim milk or skim/chocolate milk

## **Snack in class:**

16 ounces of 100% juice (apple, grape, cran, pineapple are best) + 1 sports bar

## **Lunch:**

6-8 ounces lean meat (i.e. turkey, chicken, roast beef) (i.e. 2 sandwiches)  
Bread with sandwiches, or a large serving pasta, rice, potatoes, corn, or peas  
1 bowl of veggie soup or small side of veggies  
2 glasses of juice + 2 glasses of milk + fresh fruit to take with you  
Dessert / few cookies, etc.  
Extra water

## **Pre workout:**

Peanuts and raisins, Gatorade

## **Post-workout:**

Recovery Shakes or chocolate milk

## **Dinner: Make the most of your dinner as a chance to refuel and recover from workouts:**

6-8 ounces of lean meat (i.e. the size of at least 2 decks of cards)  
1 big bowl of pasta, rice, potatoes, corn, or other starch  
1 bowl of soup, or veggies, or salad  
2 glasses of juice + 2 glasses of milk  
Dessert

## **Snack:**

2 ham, turkey, or roast beef sandwiches or 2 frozen burrito's + 24 ounces of grape juice  
1 fruit/yogurt smoothie