Sample Training Day Menus.

The following menus are intended as an example of the food an athlete needs to meet the nutrition demands of in-season hard exercise. They are based on weight and applicable for females or males engaged in sports that have a significant aerobic demand.

The examples can be used by coaches to guide a discussion with their teams/athletes on how much fuel their body needs throughout the day to meet the energy and repair demands of hard workouts.

Pizza and hot dish were used at the evening meal as examples of food teenagers commonly have available. An alternative would be a lean meat and a carbohydrate (potato, pasta, or rice).

The examples are not intended to be prescriptive or to meet a medical condition.
Training Day Sport Menu- 110 LB Athlete

2300 Kcal, 350 gm carb, 80 gm protein.
1-2 hour *Hard* Workout. Weight Maintenance

**Bkft:** 1.5 cups dry cereal
1 cup 1% milk
2 slices Toast/PB

**Snack:** Cereal Bar
16 oz Water

**Lunch:** 6-Sub type sandwich
Baby Carrots or Salad
1 cup milk

**Pre-Practice:** Yogurt/fluids

**2 hr Practice:** 24-32 oz fluids

**Post Practice:** 16 oz sport drink
Sport Bar

**Supper:** 1/3 Pizza or
1-1/2 cups Spaghetti/Meat Sauce
1 cup Green Beans or Salad
1 SL Toast/Margarine
1 cup Milk

**Night Snack:** (choose one)
- 1/3 Pizza
- 14 Animal Crackers, 1 cup OJ/Calcium
- 36 Teddy Grahams/milk
- 1 cup Frozen Yogurt
- 9 cups Lite Micro Popcorn

- **Fluids to keep urine color clear.**
- If skip milk add a low fat protein, and a carbohydrate (fruit, bread, pasta, or potato) per glass and calcium supplement.
Training Day Sport Menu- 120 LB Athlete
2450 Kcal, 380 gm carb, 86 gm protein.
1-2 hour hard practice. Weight Maintenance

**Bkft:** 1.5 cups dry cereal
1 cup 1% milk
2 slices Toast/PB

**Snack:** Cereal Bar
16 oz Water

**Lunch:** 6-Sub type Sandwich
Baby Carrots or Salad
1 cup milk

**Pre-Practice:** Yogurt/fluids

**2 hr Practice:** 24-32 oz fluids

**Post Practice:** 16 oz sport drink
Sport Bar

**Supper:** 1/3 Pizza or
1-1/2 cups Spaghetti/Meat Sauce
1 cup Green Beans or Salad
1 SL Toast/Margarine
1 cup Milk or OJ/Calcium

**Night Snack:** (choose one)
- 1/3 Pizza,
- 14 Animal Crackers, 1 cup OJ/Calcium
- 36 Teddy Grahams/milk
- 1 cup Frozen Yogurt,
- 9 cups Lite Micro Popcorn,

*Fluids to keep urine color clear.*
If skip milk add a low fat protein, and a carbohydrate (fruit, bread, pasta, or potato) per glass and calcium supplement.
Training Day Sport Menu - 130 LB Athlete
2700 Kcal, 415 gm carb, 94 gm protein.
1-2 hour *hard* practice. Weight Maintenance

**Bkft:**
- 1.5 cups dry cereal
- 1 cup 1% milk
- 2 slices Toast/PB

**Snack:**
- Cereal Bar
- 16 oz Water

**Lunch:**
- 6-Sub type Sandwich
- 1 bag Pretzels
- 1 cup milk or OJ/Calcium

**Pre-Practice:**
- Yogurt/fluids

**2 hr Practice:**
- 24-32 oz fluids

**Post Practice:**
- 16 oz sport drink
- Sport Bar

**Supper:**
- 1/3 Pizza OR 1-1/2 cups Spaghetti/Meat Sauce
- 1 cup Green Beans or Salad
- 2 SL Toast/Margarine
- 1 cup Milk

**Night Snack:** (choose one)
- 1/3 Pizza,
- 14 Animal Crackers, 1 cup OJ/Calcium
- 36 Teddy Grahams/milk
- 1 cup Frozen Yogurt,
- 9 cups Lite Micro Popcorn

* Fluids to keep urine color clear.
  
  If skip milk add a low fat protein, and a carbohydrate (fruit, bread, pasta, or potato) *per glass* and calcium supplement.
### Training Day Sport Menu - 140 LB Athlete

2900 Kcal, 450 gm carb, 102 gm protein.
1-2 hours Hard Practice. Weight Maintenance

<table>
<thead>
<tr>
<th>Bkft:</th>
<th>1.5 cups dry cereal</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 cup 1% milk</td>
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<tr>
<td></td>
<td>2 slices Toast/PB</td>
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<tr>
<td>Snack:</td>
<td>Cereal Bar</td>
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<tr>
<td></td>
<td>16 oz Water</td>
</tr>
<tr>
<td>Lunch:</td>
<td>6-Sub type Sandwich</td>
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<tr>
<td></td>
<td>1 bag Pretzels</td>
</tr>
<tr>
<td></td>
<td>1 cup milk</td>
</tr>
<tr>
<td>Pre-Practice:</td>
<td>Yogurt/fluids</td>
</tr>
<tr>
<td>2 hr Practice:</td>
<td>24-32 oz fluids</td>
</tr>
<tr>
<td>Post Practice:</td>
<td>16 oz sport drink</td>
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<tr>
<td></td>
<td>Sport Bar</td>
</tr>
<tr>
<td>Supper:</td>
<td>1/3 Pizza or 1-1/2 cups</td>
</tr>
<tr>
<td></td>
<td>Spaghetti/Meat Sauce</td>
</tr>
<tr>
<td></td>
<td>1 cup Green Beans or Salad</td>
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<tr>
<td></td>
<td>2 SL Toast/Margarine</td>
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<tr>
<td></td>
<td>2 cups Milk</td>
</tr>
<tr>
<td>Night Snack:</td>
<td>(choose one)</td>
</tr>
<tr>
<td></td>
<td>▲ 1/3 Pizza</td>
</tr>
<tr>
<td></td>
<td>▲ 14 Animal Crackers, 1 cup OJ/Calcium</td>
</tr>
<tr>
<td></td>
<td>▲ 36 Teddy Grahams/milk</td>
</tr>
<tr>
<td></td>
<td>▲ 1 cup Frozen Yogurt</td>
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<tr>
<td></td>
<td>▲ 9 cups Lite Micro Popcorn</td>
</tr>
</tbody>
</table>

** Fluids to keep urine color clear.  
If skip milk add a low fat protein, and a carbohydrate (fruit, bread, pasta, or potato) per glass and calcium supplement.
Training Day Sport Menu- 150 LB Athlete
3100 Kcal, 475 gm carb, 108 gm protein.
1-2 hours Hard Practice. Weight Maintenance

**Bkft:**  1.5 cups dry cereal
1 cup 1% milk
2 slices Toast/PB

**Snack:** Cereal Bar
16 oz Water

**Lunch:** 6-Sub type Sandwich
1 bag Pretzels
Orange
1 cup milk

**Pre-Practice:** Yogurt/fluids

**2 hr Practice:** 24-32 oz fluids

**Post Practice:** 16 oz sport drink
Sport Bar

**Supper:** 1/3 Pizza or 1-1/2 cups
Spaghetti/Meat Sauce
1 cup Green Beans or Salad
2 SL Toast/Margarine
2 cups Milk
Pudding Cup

**Night Snack:** (choose one)
- 1/3 Pizza
- 14 Animal Crackers, 1 cup OJ/Calcium
- 36 Teddy Grahams/milk
- 1 cup Frozen Yogurt
- 9 cups Lite Micro Popcorn

**Fluids to keep urine color clear.**

If skip milk add a low fat protein, and a carbohydrate (fruit, bread, pasta, or potato) *per glass* and calcium supplement.
### Training Day Sport Menu- 160 LB Athlete

3300 Kcal, 500 gm carb, 115 gm protein.
1-2 hours *Hard* Practice. Weight Maintenance

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bkft:</strong></td>
<td></td>
<td>2 cups dry cereal 1 cup 1% milk 2 slices Toast/PB</td>
</tr>
<tr>
<td><strong>Snack:</strong></td>
<td></td>
<td>Small Banana or Yogurt 16 oz Water</td>
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<tr>
<td><strong>Lunch:</strong></td>
<td></td>
<td>6-Sub type Sandwich 1 bag Pretzels Orange</td>
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<tr>
<td></td>
<td></td>
<td>1 cup milk</td>
</tr>
<tr>
<td><strong>Pre-Practice:</strong></td>
<td>Yogurt</td>
<td>4-5 crackers/fluids</td>
</tr>
<tr>
<td><strong>2 hr Practice:</strong></td>
<td>24-32 oz fluids</td>
<td></td>
</tr>
<tr>
<td><strong>Post Practice:</strong></td>
<td>16 oz sport drink</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cereal Bar</td>
<td></td>
</tr>
<tr>
<td><strong>Supper:</strong></td>
<td></td>
<td>1/3 Pizza or 2 cups Spaghetti/Meat Sauce 1 cup Green Beans or Salad 2 SL Toast/Margarine 2 cups Milk Pudding Cup</td>
</tr>
<tr>
<td><strong>Night Snack:</strong></td>
<td>(choose one)</td>
<td>1/3 Pizza, 14 Animal Crackers, 1 cup OJ/Calcium 36 Teddy Grahams/milk 1 cup Frozen Yogurt 9 cups Lite Micro Popcorn Fluids to keep urine color clear.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>If skip milk add a low fat protein, and a carbohydrate (fruit, bread, pasta, or potato) <em>per glass</em> and calcium supplement.</td>
</tr>
</tbody>
</table>
Training Day Sport Menu - 170 LB Athlete
3500 Kcal, 540 gm carb, 123 gm protein.
1-2 hours Hard Practice. Weight Maintenance

**Bkft:**
- 2 cups dry cereal
- 1 cup 1% milk
- 2 slices Toast/PB

**Snack:**
- Small Banana or Yogurt
- 16 oz Water

**Lunch:**
- 6-Sub type Sandwich
- 1 bag Pretzels
- Orange
- 1 cup milk

**Pre-Practice:**
- Yogurt
- 4-5 crackers/fluids

**2 hr Practice:**
- 24-32 oz fluids

**Post Practice:**
- 16 oz sport drink
- Cereal Bar

**Supper:**
- 1/2 Pizza or 2.5 cups Spaghetti/Meat Sauce
- 1 cup Green Beans or Salad
- 2 SL Toast or Potato, Margarine
- 2 cups Milk
- Pudding Cup

**Night Snack:** (choose one)
- 1/3 Pizza, diet Kool-Aid
- 14 Animal Crackers, 1 cup OJ/Calcium
- 36 Teddy Grahams/milk
- 1 cup Frozen Yogurt,
- 9 cups Lite Micro Popcorn

- Fluids to keep urine color clear.
- If skip milk add a low fat protein, and a carbohydrate (fruit, bread, pasta, or potato) *per glass* and calcium supplement
Training Day Sport- 180 LB Athlete
3700 Kcal, 570 gm carb, 129 gm protein.
1-2 hours Hard Practice. Weight maintenance,

**Bkft:**
- 2 cups dry cereal
- 1 cup 1% milk
- 2 slices Toast/PB

**Snack:** Small Banana or Yogurt
- 16 oz Water

**Lunch:** 6-Sub
- 1 bag Pretzels
- Orange
- 1 cup milk

**Pre-Practice:**
- Yogurt
- 4-5 crackers/fluids

**2 hr Practice:**
- 24-32 oz fluids

**Post Practice:**
- 16 oz sport drink
- Sport Bar

**Supper:**
- 1/2 Pizza or 2.5 cups Spaghetti/Meat Sauce
- 1 cup Corn
- Salad
- 2 SL Toast/Margarine
- 2 cups Milk
- Pudding Cup

**Night Snack:** (choose one)
- 1/3 Pizza,
- 14 Animal Crackers, 1 cup OJ/Calcium
- 36 Teddy Grahams/milk
- 1 cup Frozen Yogurt, Crystal light
- 9 cups Lite Micro Popcorn, diet pop

- **Fluids to keep urine color clear.**
- If skip milk add a low fat protein, and a carbohydrate (fruit, bread, pasta, or potato) *per glass* and calcium supplement
Training Day Sport Menu - 190 LB Athlete
3900 Kcal, 600 gm carb, 137 gm protein.
1-2 hours Hard Practice. Weight maintenance

**Bkft:**
- 2 cups dry cereal
- 1 cup 1% milk
- 2 slices Toast/PB
- 1 cup Juice

**Snack:**
- Small Banana or Yogurt
- 16 oz Water

**Lunch:**
- 12”-Sub type Sandwich
- 1 bag Pretzels
- 1 cup milk

**Pre-Practice:**
- Yogurt
- 4-5 crackers/fluids

**2 hr Practice:**
- 24-32 oz fluids

**Post Practice:**
- 16 oz sport drink
- Sport Bar

**Supper:**
- 1/2 Pizza or 2.5 cups Spaghetti/Meat Sauce
- 1 cup Corn
- Salad
- 2 SL Toast/Margarine
- 2 cups Milk
- Pudding Cup

**Night Snack:** (choose one)
- 1/3 Pizza, diet Kool-Aid
- 14 Animal Crackers, 1 cup OJ/Calcium
- 36 Teddy Grahams/milk
- 1 cup Frozen Yogurt, Crystal light
- 9 cups Lite Micro Popcorn, diet pop

- **Fluids to keep urine color clear.**
- **If skip milk** add a low fat protein, and a carbohydrate (fruit, bread, pasta, or potato) *per glass* and calcium supplement
Training Day S[prt Menu- 200 LB Athlete
4100 Kcal, 637 gm carb, 150 gm protein.
1-2 hours *Hard* Practice, Weight maintenance

**Bkft:**  
2 cups dry cereal  
1 cup 1% milk  
2 slices Toast/PB  
1 cup Juice  

**Snack:** Small Banana or Yogurt  
16 oz Sport Drink  

**Lunch:** 12”-Sub type Sandwich  
1 bag Pretzels  
1 cup milk  

**Pre-Practice:** Yogurt  
4-5 crackers/fluids  

**2 hr Practice:** 24-32 oz fluids  

**Post Practice:** 16 oz sport drink  
Sport Bar  

**Supper:** 2/3 Pizza or 3 cups Spaghetti/Meat Sauce  
1 cup Corn  
Salad  
2 SL Toast/Margarine  
2 cups Milk  
Pudding Cup  

**Night Snack:** (choose one)  
- 1/3 Pizza  
- 14 Animal Crackers, 1 cup OJ/Calcium  
- 36 Teddy Grahams/milk  
- 1 cup Frozen Yogurt  
- 9 cups Lite Micro Popcorn  

* Fluids to keep urine color clear.*  
* If skip milk add a low fat protein, and a carbohydrate (fruit, bread, pasta, or potato) *per glass* and calcium supplement.
Training Day Sport Menu- 225 LB Athlete
4600 Kcal, 715 gm carb, 165 gm protein.
1-2 hours Hard Practice. Weight maintenance

**Bkft:** 2 cups dry cereal
1 cup 1% milk
2 slices Toast/PB
1 cup Juice

**Snack:** Small Banana or cereal bar
16 oz Sport Drink

**Lunch:** 12”-Sub type Sandwich
1 bag Pretzels
1 cup milk

**Pre-Practice:** Sport Bar/fluids

**2 hr Practice:** 24-32 oz fluids

**Post Practice:** 24 oz sport drink
Sport Bar

**Supper:** 2/3 Pizza or 3 cups Spaghetti/Meat Sauce
1.5 cup Corn
Salad
4 SL Toast/Margarine
2 cups Milk
Pudding Cup

**Night Snack:** (choose one)

- 1/3 Pizza, 1 cup juice
- 21 Animal Crackers, 1 cup Juice
- 48 Teddy Grahams/milk
- 1.5 cup Frozen Yogurt
- 9 cups Lite Micro Popcorn, 1 cup juice

- Fluids to keep urine color clear.
- If skip milk add a low fat protein, and a carbohydrate (fruit, bread, pasta, or potato) per glass and calcium supplement.