

# **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

**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

**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

**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- 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

**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:** 1/3 Pizza or 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- 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