The below information is a sample diet of suggested foods that would help you reach your caloric and protein goals for the day. The following diet is a guideline and can be followed with the medical and nutritional restrictions that are unique to each individual.

Sunday - Day 1: Light Workout

|  |  |  |  |
| --- | --- | --- | --- |
| Meal | Type of Foods | Total Calories | Grams of Protein |
| Breakfast | 2 slices of French toast w/ syrup  1 cup of oatmeal  20 oz 1% milk | 815 | 37 |
| Snack #1 | Protein Bar  Yogurt Cup | 330 | 33 |
| Post-Workout | 35g Whey Protein  60g carbohydrate blend  5g creatine monohydrate | 423 | 35 |
| Lunch | 2 ¼lb turkey burgers with bun  1 Cup Steamed Vegetables | 750 | 65 |
| Snack #2 | Orange  ½ package beef jerkey | 250 | 24 |
| Dinner | ½ lbs grilled chicken breast  1 cup string beans  1 sweet potato  20 oz 1% milk | 682 | 68 |
| Snack #3 | ¾ cup of almonds  Apple  1 Can Light Tuna | 340 | 20 |
| Just Before Bedtime | Casein Protein Shake | 120 | 24 |
| Totals |  | **3710** | **303** |

Monday - Day 2: Heavy Workout

|  |  |  |  |
| --- | --- | --- | --- |
| Meal | Type of Foods | Total Calories | Protein |
| Breakfast | 3 egg white/2 whole egg  1 whole wheat bagel with light cream cheese  20 oz 1% milk | 835 | 60 |
| Snack #1 | Protein Bar  1 Nature Valley bar | 370 | 22 |
| Lunch | Peanut Butter & Jelly Sandwich  Apple  2 carton 2% milk  Chewy Granola Bar | 880 | 32 |
| Snack #2 | 2 Celery stalks with peanut butter | 200 | 8 |
| Post-Workout | 35g Whey Protein  60g carbohydrate blend  5g creatine monohydrate | 423 | 35 |
| Dinner | 1/2 lbs Salmon  Garden Salad  1 Cup Brown Rice | 771 | 69 |
| Snack #3 | Pear  4 Rice Cakes  4 Hardboiled eggs (whites only) | 338 | 25 |
| Just Before Bedtime | Casein Protein Shake | 120 | 24 |
| Totals |  | **3937** | **275** |

Tuesday - Day 3: Heavy Workout Day

|  |  |  |  |
| --- | --- | --- | --- |
| Meal | Type of Foods | Total Calories | Protein |
| Breakfast | 3 egg white/2 whole egg  1 cup of oatmeal  20 oz 1% milk | 835 | 62 |
| Snack #1 | Banana  Protein Bar | 400 | 20 |
| Lunch | ½ lb grilled chicken breast (leftover from Monday dinner)  Juice Box  Pear  Apple | 597 | 54 |
| Snack #2 | 2 hardboiled eggs  Handful of tortilla chips and guacamole | 460 | 21 |
| Post-Workout | 35g Whey Protein  60g carbohydrate blend  5g creatine monohydrate | 423 | 35 |
| Dinner | ½ lbs of 93% Ground beef (Any variety meatloaf, taco meat, etc)  1 Sweet Potato  1 cup steamed asparagus | 645 | 47 |
| Snack #3 | 1/2 package beef jerky  2 bags fruit snacks | 320 | 22 |
| Just Before Bedtime | Casein Protein Shake | 120 | 24 |
| Totals |  | **3800** | **285** |

Wednesday - Day 4: Rest Day

|  |  |  |  |
| --- | --- | --- | --- |
| Meal | Type of Foods | Total Calories | Protein |
| Breakfast | 3 egg white/2 whole egg  1 whole wheat bagel with light cream cheese  20 oz 1% milk | 835 | 60 |
| Snack #1 | Protein Bar  12 oz V8 juice | 340 | 19 |
| Lunch | 1 chicken salad sandwich  2 cartons 2% milk  Apple | 720 | 30 |
| Snack #2 | 2 cups diced melons  1 cup 1% cottage cheese | 310 | 30 |
| Dinner | 1/2 lbs Tilapia  Garden Salad (oil and vinegar AKA lite Italian)  1 Cup Brown Rice | 484 | 53 |
| Snack #3 | I cup frozen yogurt  ½ cup almonds | 495 | 17 |
| Just Before Bedtime | Casein Protein Shake | 120 | 24 |
| Totals |  | **3304** | **203** |

Thursday - Day 5: Heavy Workout

|  |  |  |  |
| --- | --- | --- | --- |
| Meal | Type of Foods | Total Calories | Protein |
| Breakfast | 3 egg white/2 whole egg  1 cup of oatmeal  20 oz 1% milk | 835 | 62 |
| Snack #1 | Protein Bar  Yogurt Cup | 330 | 33 |
| Lunch | Peanut Butter & Jelly Sandwich  Apple  2 carton 2% milk  Chewy Granola Bar | 880 | 32 |
| Snack #2 | 2 cups sliced strawberries  2 string cheese sticks (2%) | 244 | 20 |
| Post-Workout | 35g Whey Protein  60g carbohydrate blend  5g creatine monohydrate | 423 | 35 |
| Dinner | ½ Skinless Rotisserie Chicken  1 cup brown rice  ½ cup black beans | 739 | 71 |
| Snack #3 | ½ Cup unsalted pistachios | 343 | 13 |
| Just Before Bedtime | Casein Protein Shake | 120 | 24 |
| Totals |  | **3914** | **290** |

Friday - Day 6: Heavy Workout

|  |  |  |  |
| --- | --- | --- | --- |
| Meal | Type of Foods | Total Calories | Protein |
| Breakfast | 3 egg white/2 whole egg  1 whole wheat bagel with light cream cheese  20 oz 1% milk | 835 | 60 |
| Snack #1 | Banana  Protein Bar | 400 | 20 |
| Lunch | Chef Salad w/ turkey (oil & vinegar dressing)  2 2% Milk boxes | 575 | 48 |
| Snack #2 | 1 mango  1/3 package beef jerkey | 281 | 19 |
| Post-Workout | 35g Whey Protein  60g carbohydrate blend  5g creatine monohydrate | 423 | 35 |
| Dinner | 2 lean/trimmed pork chops  1 cup steamed mixed vegetables  1 sweet potato | 550 | 34 |
| Snack #3 | 2 cup shrimp and vegetable stir fry  1 cup egg noodles | 520 | 30 |
| Just Before Bedtime | Casein Protein Shake | 120 | 24 |
| Totals |  | **3704** | **270** |

Saturday - Day 7: Rest Day

|  |  |  |  |
| --- | --- | --- | --- |
| Meal | Type of Foods | Total Calories | Protein |
| Breakfast | 1 egg and cheese on a whole wheat bagel  20 oz 1% milk | 784 | 47 |
| Snack #1 | Protein Bar  Yogurt Cup | 330 | 33 |
| Lunch | 2 cup shrimp and vegetable stir fry (leftover)  1 cup egg noodles (leftover)  20 oz apple juice | 633 | 30 |
| Snack #2 | 3 hardboiled egg whites  Apple Sliced  Pear Sliced  1 cup 1% cottage cheese | 351 | 28 |
| Dinner | 1 grilled chicken burrito w/ cheese, lettuce, onion and tomato  1 handful of baked tortilla chips and salsa | 510 | 24 |
| Snack #3 | I cup frozen yogurt  ½ cup almonds | 495 | 17 |
| Just Before Bedtime | Casein Protein Shake | 120 | 24 |
| Totals |  | **3233** | **201** |