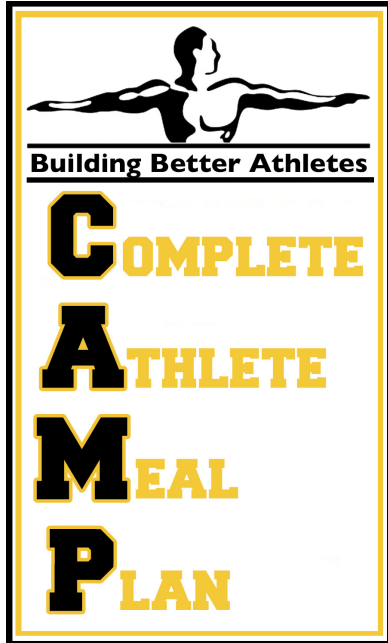


CAMP, Building Better Athletes - Athlete Meal Plan



Protein
 animal products,
 meat, fish, eggs,
 chicken
 (see chart for serving size)

Carbs
 grains, wheat, rice,
 noodles, bread,
 potatoes
 (see chart for serving size)

Fruits
 apple, bananas,
 orange, grapes, kiwi,
 watermelon
 (eat as many as you can)

Veggies
 carrots, broccoli,
 peppers, tomatoes,
 salad
 (eat as many as you can)

Avoid's
 soda, fried foods,
 fast food, candy,
 chips, baked foods,
 supplements
 (do not eat any of these)

Breakfast

Snack 1

Lunch

Snack 2

Dinner

Protein _____
 Carbs _____
 Fruits _____
 Veggies _____
 Avoid's _____
 Water 8oz 8oz 8oz
 Sleep _____

Protein _____
 Carbs _____
 Fruits _____
 Veggies _____
 Avoid's _____
 Water 8oz 8oz 8oz

Protein _____
 Carbs _____
 Fruits _____
 Veggies _____
 Avoid's _____
 Water 8oz 8oz 8oz

Protein _____
 Carbs _____
 Fruits _____
 Veggies _____
 Avoid's _____
 Water 8oz 8oz 8oz

Protein _____
 Carbs _____
 Fruits _____
 Veggies _____
 Avoid's _____
 Water 8oz 8oz 8oz

Ideas for each category

Proteins	Carbs	Fruits	Veggies	Fats	Avoid
Chicken breast	Old fash. Oatmeal	Apple	Carrots	Butter	Candy
Lean beef	Brown rice	Banana	Potato	Cream	Soda
Turkey breast	Ezekiel Bread	Grapes	Lettuce	Cheese	Diet Soda
Salmon	Lentils	Pears	Green Peppers	Peanut Butter	Juice
Tuna	Barley	Peaches	Celary	Olive Oil	Protein Bar
Egg whites	Buckwheat	Kiwi	Onion	Almonds	Crackers
Egg substitutes	Amaranth	Watermelon	Peas	Walnuts	Cookies
Cottage cheese	Wild Rice	Cantalope		Fish Oil	Baked Goods
Lamb	Rye	Blue Berries		Flaxseed Oil	Chips
Venison	Spelt	Black Berries		Avocado	Ice Cream
Elk	Black beans	Honey Melon			Fried Foods
Whey protein	Pinto beans				Protein Shake
Trout	Kidney beans				Brown Sugar
Whitefish	Garbanzo beans				Raw Sugar
Shrimp	Navy beans				Alcohol
Lobster	Soy beans				Sucrose
Scallops	Sweet potatoes				Artificial Sweeteners
Crab	Whole grain pasta				Hydrogenated Oils
Buffalo	Brown rice pasta				White Flour
	Yams				Supplements

Proportion suggestions for male athletes who wish to gain weight
 Desired weight = serving size for protein and carbs separately

Weight	Ounces	Cups
100	= 4	or 1/2
125	= 5	or 5/8
150	= 6	or 3/4
175	= 7	or 7/8
200	= 8	or 1
225	= 12	or 1 1/2
250	= 14	or 1 3/4
275	= 15	or 1 7/8
300	= 16	or 2

