

## 3000 CALORIE SAMPLE MEAL PLAN

Appropriate for male athletes who maintain a low bodyweight and most female athletes.

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| <p>6:00 AM</p> <p>½ cup of oatmeal</p> <p>½ cup cottage cheese</p> <p>1 pear</p> <p>8 oz. glass of skim milk</p>      | <p>9:00 AM</p> <p>2 tablespoons natural peanut butter</p> <p>½ cups almonds</p> <p>1 banana</p>                 | <p>12:00 PM</p> <p>1 small can yellowfin tuna in olive oil</p> <p>1 cup spinach salad with mozzarella cheese, light vinaigrette.</p> |
| <p>3:00 PM</p> <p>1 calorie replacement drink or bar (Muscle Milk Collegiate)</p> <p>1 cup low fat organic yogurt</p> | <p>6:00 PM</p> <p>1 four oz. pork tenderloin</p> <p>1 ½ cups steamed green beans</p> <p>1 cup spinach salad</p> | <p>9:00 PM</p> <p>Protein smoothy: 2 egg whites mixed with 8 oz. orange juice</p> <p>½ cups cashews</p>                              |

Be sure that one of these meals is consumed directly after your workout. You may want to take a post-workout calorie replacement drink (Muscle Milk Collegiate) with you to your workout to have right after you are done. Not shown here is the amount of water you should drink. You should be drinking water constantly throughout the day. Simply bring a 1 quart water bottle with you and drink it fully about 6 times during your waking hours.

This is just a sample of how you may eat throughout the day. Many times we don't have the means of preparing these kinds of meals. For this reason, I recommend that if you can't prepare one of these meals, use a Meal Replacement Powder (MRP) or replace the protein portion of the meal with a protein shake.

You also may experiment with designing your own meal plan. I start with a protein choice (cottage cheese, chicken breast, tuna, pork tenderloin, eggs) then add a fruit or vegetable, then add a starch (oatmeal, bread, potato).