

5000 CALORIE SAMPLE MEAL PLAN

Appropriate for large athletes or athletes attempting to gain weight

<p>6:00 AM</p> <p>1 ½ cups cottage cheese</p> <p>1 pear</p> <p>1 bowl of oatmeal</p> <p>16 oz. glass of skim milk</p>	<p>9:00 AM</p> <p>1 tuna sandwich on whole grain bread</p> <p>1 cup almonds</p> <p>1 apple</p>	<p>12:00 PM</p> <p>1 six oz. chicken breast</p> <p>1 cup broccoli</p> <p>1 baked potato</p> <p>16 oz. glass of skim milk</p>
<p>3:00 PM</p> <p>1 Calorie replacement drink (Muscle Milk Collegiate)</p>	<p>6:00 PM</p> <p>1 six oz. pork tenderloin</p> <p>1 cup asparagus sautéed in olive oil</p> <p>1 leaf spinach salad</p> <p>1 baked potato</p>	<p>9:00 PM</p> <p>Protein smoothy: 6 egg whites mixed with 8 oz. orange juice</p> <p>1 cup cashews (unsalted)</p>

Be sure that one of these meals is consumed directly after your workout. You may want to take a 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).