



EXAMPLE DAILY MEAL PLAN 1

Athlete: 25-year-old woman, 66 inches tall, 148 pounds
Calculator-Generated Calorie Goal: 1,863

Notes: 5 meals per day, plus 1 post-workout shake • Training after meal 3

DAILY TOTAL GOAL

Carbohydrates: 233 g
Protein: 140 g
Fat: 41 g

MEAL 1

2 large eggs
1/4 cup low-fat shredded cheese
1 whole-wheat English muffin
1 cup spinach

MACROS

Carbohydrates: 26 g
Protein: 25 g
Fat: 16 g
Total Calories: 348

MEAL 2

4 oz. extra-lean (97/3) ground turkey breast
8 oz. sweet potato
1/2 bell pepper, sliced

MACROS

Carbohydrates: 50 g
Protein: 26 g
Fat: 1 g
Total Calories: 313

MEAL 3

3 oz. lean deli turkey
1 slice provolone cheese
3 slices red onion
3 slices tomato

1 8-inch whole-wheat tortilla
1 medium orange

MACROS

Carbohydrates: 44 g
Protein: 30 g
Fat: 7 g
Total Calories: 359

INTRA-WORKOUT SHAKE

17 g dextrose (scale weight)

MACROS

Carbohydrates: 15 g
Protein: 0 g
Fat: 0 g
Total Calories: 60

MEAL 4

4 oz. pork tenderloin
1-1/2 cups cooked wild rice
1 cup steamed broccoli
1 medium apple

MACROS

Carbohydrates: 74 g
Protein: 34 g
Fat: 4 g
Total Calories: 468

MEAL 5

3/4 cup low-fat, vanilla Greek yogurt
2 tbsp almond butter

MACROS

Carbohydrates: 23 g
Protein: 23 g
Fat: 18 g
Total Calories: 346

DAILY TOTAL

Carbohydrates: 232 g
Protein: 138 g
Fat: 46 g
Calories: 1,894

NOTES



EXAMPLE DAILY MEAL PLAN 2

Athlete: 25-year-old man, 72 inches tall, 185 pounds

Calculator-Generated Calorie Goal: 2,421

Notes: 5 meals per day, plus 1 post-workout shake • Training after meal 3

DAILY TOTAL GOAL

Carbohydrates: 303 g

Protein : 182 g

Fat: 54 g

**Macronutrients rounded to nearest whole number which produces new calorie intake of 2,426 per day.*

MEAL 1

3 large eggs

1/4 cup low-fat shredded cheese

1 whole-wheat English muffin

1 cup spinach

MACROS

Carbohydrates: 27 g

Protein: 31 g

Fat: 21 g

Total Calories: 421

MEAL 2

5 oz. extra-lean (97/3) ground turkey breast

10 oz. sweet potato

1/2 bell pepper, sliced

MACROS

Carbohydrates: 62 g

Protein: 33 g

Fat: 2 g

Total Calories: 398

MEAL 3

4 oz. lean deli turkey

1 slice provolone cheese

3 slices red onion

3 slices tomato

2 8-inch whole-wheat tortillas

1 medium orange

MACROS

Carbohydrates: 68 g

Protein: 40 g

Fat: 9 g

Total Calories: 513

INTRA-WORKOUT SHAKE

28 g dextrose (scale weight)

MACROS

Carbohydrates: 25 g

Protein: 0 g

Fat: 0 g

Total Calories: 100

MEAL 4

5 oz. pork tenderloin

2 cups cooked wild rice

2 cups steamed broccoli

1 medium apple

MACROS

Carbohydrates: 92 g

Protein: 44 g

Fat: 4 g

Total Calories: 580

MEAL 5

1/2 scoop whey protein

1 cup low-fat, vanilla Greek yogurt

2 tbsp almond butter

MACROS

Carbohydrates: 31 g

Protein: 39 g

Fat: 18 g

Total Calories: 442

DAILY TOTAL

Carbohydrates: 305 g

Protein: 187 g

Fat: 54 g

Calories: 2,454

NOTES