

3000 CALORIE DIET

Appropriate for female athletes who are involved in basketball, track, soccer as well as some female athletes from volleyball, tennis, and swimming. Male athletes who maintain a low body weight or want to lose weight may also follow this plan.

Breakfast 4 frozen multigrain waffles topped with 1/2 cup of blueberries, 1 Tbsp of margarine,
and 2 Tbsp of maple syrup

Morning Snack 1 medium banana covered with 2 Tbsp natural peanut butter

Lunch 6" steak sub on wheat bread with 3 oz. grilled sirloin, 1 slice part-skim mozzarella
cheese, onion, and green pepper
1 cup skim milk

Afternoon Snack 8 triscuit crackers dipped in 3 Tbsp of hummus

Dinner 1-1/2 cups whole wheat pasta with marinara sauce containing grilled
chicken
breast, tomatoes, and broccoli
1 whole wheat dinner roll with 1 tsp margarine spread
1 cup skim milk

Evening Snack 1 Oats 'N Honey granola bar

During Practice Approximately 4 cups of Powerade