

4000 CALORIE DIET

Appropriate for most male athletes involved in sports such as football, basketball, track as well as some from baseball, tennis, cross-country, and swimming.

Breakfast 1 cup of granola cereal mixed with 1 cup of strawberries and 1 cup of 2% milk
1 cup of 100% orange juice

Morning Snack Peanut butter and jelly sandwich on 2 slices of whole wheat bread

Lunch 1 baked chicken breast with 2 cups of rice
1/2 cup of peas and 1/2 cup of corn
1 cup of 2% milk

Afternoon Snack 12 baby carrots dipped in low-fat ranch dressing
1 small bowl of pretzels

Dinner 3 beef soft tacos topped with shredded cheese, tomatoes, onion, lettuce, and thick and chunky salsa

Evening Snack 1 medium apple dipped in 6 oz. of low-fat yogurt

During Practice Approximately 6 cups of Powerade