

5000 CALORIE DIET

Appropriate for high weight football players as well as basketball or football players trying to gain weight.

Breakfast 3 large scrambled eggs

2 slices whole wheat toast topped with 2 tsp margarine and 2 Tbsp jelly

1 cup of 100% apple juice

Morning Snack 1 medium orange

1 whole wheat bagel topped with 2 Tbsp of natural peanut butter

Lunch 1 chicken breast with 1 cup of macaroni and cheese

1 cup mixed vegetables

1 cup of 100% grape juice

Afternoon Snack 1 muscle milk

1 medium apple

Dinner 6 oz. sirloin steak

2 cups black beans and rice

2 cups mixed salad greens and vegetables with Italian dressing

1 cup of 100% orange juice

Evening Snack 2 cups of 2% chocolate milk

1/2 cup dry roasted almonds

During Practice Approximately 6 cups of Powerade