

2,400-Calorie Food Plan for a 6'2" (188 cm), 188 lb (85 kg) 29-Year-Old Male Figure Skater Recovering From an Injury

Energy-balance graph



Energy substrate distribution

Total calories: 2,431
Carbohydrate %: 30
Protein %: 34
Fat %: 37

Hours anabolic (calories > 0) = 15; hours catabolic (calories < 0) = 9; anabolic : catabolic ratio = 1.67

Hour	Description	Food	Amount	Calories	Activity
8-9 a.m.	Wake-up and breakfast	Bagel, oat bran Butter, with salt Potatoes, hash brown Eggs, fried Water	1 small 1 tsp 1 serving 3 large As desired	145 36 63 270	Breakfast is important to consume before morning practice to ensure maintenance of energy balance and blood sugar
9-10 a.m.	Warm-up	Water	As desired		Wake-up activities (shower, dress), then 30 min warm-up at 9:30 a.m.
10-11 a.m.	Practice followed by snack	Clif bar (Mojo peanut butter and jelly) Water	1 bar As desired	220	45 min tennis drills (light) followed by snack.
11 a.m.-12 p.m.	Practice	Sports beverage, if needed	8 oz	63	30 min practice (light)
12-1 p.m.	Lunch	Cheese, mozzarella, part-skim milk Cheese, American, nonfat Beef tenderloin, lean, broiled Cactus tortillas Avocado Water	1 oz (30 g) 3.25 slice 4 oz (125 g) 4 tortillas 1/2 avocado As desired	72 101 234 200 114	This lunch is relatively high in protein but maintains a low fat level; plenty of fluids should be consumed to aid digestion and hydration
1-3 p.m.	Relaxed activities	Water	As desired		Relaxed activities around the house; water consumed as desired
3-4 p.m.	Snack	Chocolate flavored whey protein and milk drink	12 oz	160	A midafternoon snack is important for maintaining energy balance; good-quality protein, if distributed throughout the day, may also help in muscle recovery
4-6 p.m.	Relaxed activities	Water	As desired		Relaxed activities and dinner preparation

6-7 p.m.	Dinner	Zucchini squash, chopped Rice, brown, cooked Chicken, light meat, roasted, no skin Egg, large, hard-boiled Edamame, prepared Beef tenderloin, lean, broiled Chicken broth Water	1 cup 1/3 cup 2 oz (60 g) 1/2 egg 1/2 cup 6 oz (125 g) 8 oz As desired	20 32 98 36 95 350 36	This is a hearty and filling dinner, although it maintains a relatively low calorie level by keeping the fat level relatively low
7-9 p.m.	Relaxed activities	Water	As desired		Relaxed activities
9-10 p.m.	Evening snack	Kiwi fruit	2 fruits	111	Snack should be consumed between 9 and 10 p.m. to ensure maintenance of blood sugar during the night

Note: 8 fluid ounces = 240 ml

Meal totals for selected nutrients

Total kcal:	2,431	Iron (mg):	18.1	Vit C (mg):	225.1	Vit B ₁₂ (mcg):	8.44
Carbohydrate (g):	178	Calcium (mg):	1,540	Vit B ₁ (mg):	1.28	Folic acid (DFE):	679
Protein (g):	200	Zinc (mg):	26.1	Vit B ₂ (mg):	2.60	Vit A (RAE):	612
Fat (g):	98	Magnesium (mg):	407.6	Niacin (mg):	41.41	Vit D (IU):	62.8
Sodium (mg):	3,711	Potassium (mg):	3,557	Vit B ₆ (mg):	3.41	Vit E (mg):	13.5

Note: This represents the exercise and food intake pattern of a figure skater who is recovering from an injury. The level of physical activity is dramatically reduced from the activity when skating, so the energy intake is also reduced to match. Although the protein may be higher than the typical requirement, the injury recovery and the relatively low activity schedule may justify this intake. The anabolic-to-catabolic ratio (1.67) should enable muscle recovery.

Source: Energy balance and nutrient intake values were derived using NutriTiming.com.