

## 2,800-Calorie Food Plan for a 5'9" (175 cm), 140 lb (64 kg) 27-Year-Old Male Skater

Energy-balance graph



Energy substrate distribution

Total calories: 2,800  
 Carbohydrate %: 66  
 Protein %: 19  
 Fat %: 15

Hours anabolic (calories > 0) = 14; hours catabolic (calories < 0) = 10; anabolic : catabolic ratio = 1.4

Hour	Description	Food	Amount	Calories	Activity
5-6 a.m.	Preexercise meal (consumed immediately upon awakening)	Bread, whole wheat, toasted Jam Apple juice, unsweetened, with vitamin C	2 slices 1 tbsp 8 oz	171 39 114	Failure to consume energy before morning exercise may predispose the athlete to low blood sugar and a low energy balance that could make maintenance of muscle mass difficult
6-7 a.m.	Morning exercise	Sports drink	12 oz	94	Morning run, 60 min
7-8 a.m.	Cool-down and stretch followed by breakfast	Orange juice Oatmeal cereal, cooked Milk, 1% fat Strawberries Egg, whole, poached Bread, whole wheat, toasted Margarine, Harvest Soft (80% fat) Water	8 oz 1 cup 8 oz 1 cup 1 large 1 slice 1 tsp As desired	109 159 102 49 71 88 34	As early as possible, even during the cool-down and stretch, athlete should consume fluids (orange juice and milk) to enhance glycogen replacement and enable better muscle recovery
8-9 a.m.	Dress	Water	As desired		Prepare for work
9-10 a.m.	Work	Water	As desired		Normal work activities
10-11 a.m.	Morning snack	Bagel, egg Cream cheese, low fat Cranberry juice cocktail	1 small 1 tbsp 8 oz	192 30 111	Small frequent meals make sustaining good energy balance much easier and may also lower body-fat percentage
11 a.m.-12 p.m.	Work	Water	As desired		Normal work activities
12-1 p.m.	Work	Water	As desired		Normal work activities

1-2 p.m.	Lunch at place of work	Tuna, light, canned in water Oil and vinegar dressing Celery Lettuce, romaine Tomato, fresh Corn, canned Beans, kidney, canned Dinner roll, wheat Cantaloupe, cubed Water	3 oz (90 g) 1 tbsp 1/4 cup 2 cups 1/2 cup 1/2 cup 1/4 cup 1 roll 1 cup As desired	97 72 4 16 13 83 54 76 60 0	This lunch may not easily be obtained at work so will need to be brought to work in a cooler to maintain freshness
2-3 p.m.	Work	Water	As desired	0	Normal work activities
3-4 p.m.	Work	Water	As desired	0	Normal work activities
4-5 p.m.	Midafternoon snack	Yogurt, fruit, low fat Pretzels, hard, salted	1 cup 1 oz (30 g)	243 106	The midafternoon snack is important for maintaining energy balance within narrow bounds
5-6 p.m.	Workout	Sports drink	12 oz	94	Afternoon run, 60 min
6-7 p.m.	Workout then cool-down	Sports drink	6 oz	47	Continuation of run for 30 min
7-8 p.m.	Dinner	Chicken, light meat, roasted, no skin Broccoli, boiled Carrots, boiled Celery Peppers, sweet, red, raw Onions, sweet, raw Rice, brown, medium grain, cooked Water	4 oz 1 cup 1/4 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup As desired	196 84 14 8 23 39 109	This is a hearty dinner but is relatively low in fat, making it easier to deliver desired energy in a filling meal
8-9 p.m.	Relaxed activities	Water	As desired		Relax

Note: 8 fluid ounces = 240 ml

#### Meal totals for selected nutrients

Total kcal:	2,800	Iron (mg):	33.3	Vit C (mg):	689	Vit B <sub>12</sub> (mcg):	5.91
Carbohydrate (g):	473	Calcium (mg):	1,424	Vit B <sub>1</sub> (mg):	2.97	Folic acid (DFE):	1,173
Protein (g):	136	Zinc (mg):	13.74	Vit B <sub>2</sub> (mg):	3.23	Vit A (RAE):	2151
Fat (g):	46	Magnesium (mg):	561	Niacin (mg):	53.7	Vit D (IU):	143.88
Sodium (mg):	3,101	Potassium (mg):	5,613	Vit B <sub>6</sub> (mg):	4.11	Vit E (mg):	10.38

*Note:* This diet satisfies the needs of a skater with a morning and afternoon skate. It is critically important for this skater to consume a small, easy-to-digest breakfast before the morning skate to ensure normal energy dynamics. The anabolic-to-catabolic energy balance should enable the athlete to easily sustain or even increase muscle mass. Water should be consumed throughout the day as desired, but particularly with food.

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