

3,100 Calorie Food Plan for 27-Year-Old Male, 5'11" 170 lb. Figure Skater

Energy balance



Energy substrate distribution

Total calories: 3,062
 Carbohydrate %: 59
 Protein %: 19
 Fat %: 23

Hours anabolic (Calories > 0) = 14; Hours catabolic (Calories < 0) = 10; Anabolic : catabolic ratio = 1.4

Hour	Description	Food	Amount	Calories	Activity
6-7 am	Sleep				
7-8 am	Breakfast	Cereal, cheerios Strawberries, raw/fresh Milk, 1% fat English muffin, mixed-grain, toasted Peanut butter, chunk style Orange juice	1.5 cups 1 cup 1 cup 1 muffin 2 tablespoons 1 cup	154 49 102 156 188 110	This hearty breakfast is needed to assure sufficient glycogen storage (both muscles and liver) to help replenish the previous days glycogen loss and prepare for the evening's practice.
8-9 am	Relaxed activities				Any regular day-time activity that does not involve elevating the heart-rate.
9-10 am					
10-11 am	Morning snack	Banana, raw/fresh	1 medium banana	134	Snack important for sustaining within-day energy balance
11-12 am	Relaxed activities				Any regular day-time activity that does not involve elevating the heart-rate.
12-1 pm	Lunch	Beef, roasted, thinly sliced Bread, multi-grain Mustard, prepared, yellow Mayonnaise, dressing Lettuce, romaine, raw Pretzels, hard Apple, raw/fresh, with skin	4 ounces 3 slices 1 teaspoon ½ teaspoon 2 leaves 1 ounce 1 large apple	133 207 3 52 2 106 98	Nourishing lunch. Athlete should consume water liberally at all times that food is consumed.
1-2 pm	Relaxed activities				Any regular day-time activity that does not involve elevating the heart-rate.
2-3 pm					
3-4 pm					

4-5 pm	Pre-activity snack followed by warmup	Almonds, roasted Yogurt, fruit, low fat	1 ounce 1 cup	163 243	Snack should be consumed early in the hour. Late in the hour the warm-up should begin for the 5 to 7pm practice.
5-6 pm	Intense practice	Sports drink Coconut water	16 ounces 16 ounces	125 91	Fluids providing carbohydrate, sodium, and potassium are important to sustain high-intensity activity.
6-7 pm	Intense practice	Sports drink Coconut water	16 ounces 16 ounces	125 91	Fluids providing carbohydrate, sodium, and potassium are important to sustain high-intensity activity.
7-8 pm	Post-exercise replenishment	Chocolate milk, low fat	1 cup	190	Consumption of a carbohydrate drink that has good quality protein is important for exercise recovery.
8-9 pm	Dinner	Chicken breast, roasted, no skin Sweet potato, baked in skin Margarine-like spread Zucchini, raw Dinner roll, whole wheat	5 ounces 1 large 1 tablespoon 1 cup 1 roll	245 162 85 20 76	Water should be consumed liberally with all food consumption.
9-10 pm	Relaxed activities				Any regular day-time activity that does not involve elevating the heart-rate.
10-11 pm	Sleep				

Meal Totals for Selected Nutrients

Total Kcal:	3062	Iron (mg):	32.16	Vit C (mg):	310	Vitamin B12 (mcg):	8.23
Carbohydrate (gm):	462	Calcium (mg):	1799	Vit B1 (mg):	2.99	Folic Acid (dfe):	1234
Protein (gm):	146	Zinc (mg):	22.6	Vit B2 (mg):	4.32	Vit A (rae):	2529
Fat (gm):	79	Magnesium (mg):	790	Niacin (mg):	53.57	Vit D (IU):	226.9
Sodium (mg):	4692	Potassium (mg):	7577	Vit B6 (mg):	4.81	Vit E (mg):	15.82

Notes: This intake represents the exercise and food intake for a figure skater who has two hours of intense afternoon practice from 5pm to 7pm. The food (energy) intake matches energy expenditure so the athlete stays in a good within-day energy balance that results in an energy balance that allows the athlete to spend more time in an anabolic state than in a catabolic state. This intake and energy expenditure should allow the athlete to improve lean mass while sustaining a relatively low body fat level.

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