

3,700 Calorie Food Plan for 22-Year-Old Male, 6' 0" 190 lb. Figure Skater

Energy balance



Energy substrate distribution

Total calories: 3676
 Carbohydrate %: 61
 Protein %: 15
 Fat %: 24

Hours anabolic (Calories > 0) = 15; Hours catabolic (Calories < 0) = 9; Anabolic : catabolic ratio = 1.67

Hour	Description	Food	Amount	Calories	Activity
5-6 am	Pre-exercise snack	Apple juice with vitamin C Bread, whole wheat, toasted Jam	1.5 cups 2 slices 1 tablespoon	171 171 56	This should be consumed as soon as the athlete wakes up (before dressing, etc.)
6-7 am	Morning swim practice	Sports drink	16 ounces	125	This is a moderately intense skating practice
7-8 am	Breakfast	Cereal, granola Milk, 1% fat English muffin, whole grain Blueberries, raw/fresh Orange juice Peanut butter, chunk style, with salt Bread, whole-wheat, toasted	1 cup 1 cup 1 muffin 1 cup 1 cup 1 tablespoon 1 slice	443 102 156 84 110 94 77	This breakfast should be available as soon as the athlete has completed the warm-down.
8am - 12pm	Relaxed activities				Any relaxed, walking, sitting, or household activities.
12-1 pm	Lunch	Ham, roasted, lean Cheese, Swiss Mustard, prepared, yellow Lettuce, romaine Rolls, hard (Kaiser type) Apples, raw, with skin	3 ounces 1 ounce 1 teaspoon .5 cup shredded 1 roll 1 large apple	140 108 3 4 167 85	This hearty lunch will help the athlete sustain a good within-day energy balance.
1-3 pm	Relaxed activities				Any relaxed, walking, sitting, or household activities.
3-4 pm	Pre-exercise snack	Grapes, raw/fresh Crackers, wheat, regular Cheese, mozzarella, part skim milk	1 cup 1 ounce 2 ounces	62 134 142	This is an important snack before the 2-hour swim practice. It should be consumed early in the hour.

4-5 pm	Afternoon swim practice	Sports drink	16 ounces	125	Swim practice creates a high energy expenditure and, even though the athlete is in the water, a good deal of water loss. The sports drinks are important for sustaining blood volume and blood sugar during this long practice.
5-6 pm		Sports drink	16 ounces	125	
6-7 pm	Post-exercise replenishment	Chocolate milk, low fat Vanilla wafers	1 cup 1 serving	190 147	This is important to help return some muscle glycogen used during practice.
7-8 pm	Dinner	Steak, porterhouse, lean, broiled Potato, baked Sour cream Broccoli, boiled Pineapple, raw/fresh		321 145 23 84 82	This hearty dinner will help the athlete return some of the energy used during practice and help prepare them for the next day.
8-9 pm	Relaxed activities				Any relaxed, walking, sitting, or household activities.
9-10 pm	Sleep				Early sleep because of the early morning practice.

Meal totals for selected nutrients

Total Kcal:	3,676	Iron (mg):	21.4	Vit C (mg):	543	Vitamin B12 (mcg):	6.40
Carbohydrate (gm):	572	Calcium (mg):	1848	Vit B1 (mg):	3.07	Folic Acid (dfe):	716.2
Protein (gm):	142	Zinc (mg):	18.6	Vit B2 (mg):	3.10	Vit A (rae):	777
Fat (gm):	101	Magnesium (mg):	479.2	Niacin (mg):	32.45	Vit D (IU):	227
Sodium (mg):	4431	Potassium (mg):	5507	Vit B6 (mg):	3.2	Vit E (mg):	7.7

Notes: This figure skater has 2-a-day practices, with a 1-hour practice early in the morning at 6am and the other a 2-hour practice in the late afternoon. Failure to nutritionally support this level of intensity without the right level and timing of nutrient intake will result in inevitable symptoms of overtraining and failure of the athlete. This plan incorporates food and beverage intake to support both practices, and does so while maintaining a good within-day energy balance. Importantly this eating plan allows the athlete to spend more time in an anabolic state than a catabolic state, which should enable good support of muscle while sustaining a relatively low body fat percent. Water should be consumed liberally throughout the day, particularly with food consumption.

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