

Food Examples for Meeting Carbohydrate Needs for 120 lb Athlete

Daily Carbohydrate (carb) Needs: 3 g/lb X 120 lb = 360 grams

2,300 Calorie Meal Plan

Breakfast	Carbohydrate (grams)	Lunch	Carbohydrate (grams)	Post Exercise Snack	Carbohydrate (grams)	Dinner	Carbohydrate (grams)
¾ cup orange juice	23	2 slices whole wheat bread	30	11 oz Gatorade		1 cup pasta	40
1 small banana	15	3 oz turkey breast meat	0	Nutrition Shake (Vanilla)*	60	½ cup marinara sauce	8
1 cup raisin bran	42	1 tbsp mayonnaise	0	½ Gatorade Energy Bar	23	2 tbsp parmesan	0
8 oz 1% milk	12	2 lettuce leaves	0			½ cup broccoli	4
1 slice whole wheat toast	15	2 tomato slices	2			1 cup salad	2
2 tsp margarine	0	1 small pear	15			2 tbsp Italian Dressing	0
		1 oz pretzels	23			1 slice French bread	15
		8 oz Gatorade	14			2 tsp margarine	0
						8 oz 1% milk	12
TOTAL	107		84		83		81
DAILY TOTAL	355 grams						

Time your meals to perform your best. Allow 3-4 hours to digest a large meal, two to three hours for a smaller meal. Drink sports drinks and eat high-carbohydrate foods after exercise to help muscle recovery. Below are some examples of pre-exercise and recovery meals:

60 g carb	1 slice whole wheat toast	15 g
1 hour prior	1 tbsp fruit spread	14 g
	8 oz 1% milk	12 g
	1 medium banana	22 g
	TOTAL	63 grams carb

Recovery Needs: 0.7 g/lb X 120 lb = 84 g carb

11 oz Gatorade Nutrition Shake (Vanilla)*	60 g
½ Gatorade Energy Bar	23 g
TOTAL	83 grams carb

240 g carb	2 cups pasta	80 g
4 hours prior	1 cup marinara sauce	20 g
	2 slices whole wheat bread	30 g
	8 oz 1% milk	12 g
	¼ cup dried fruit	30 g
	1 cup low fat fruit yogurt	43 g
	8 oz orange juice	30 g
	TOTAL	245 grams carb

*Available on www.gatorade.com

Food Examples for Meeting Carbohydrate Needs for 150 lb Athlete

Daily Carbohydrate (carb) Needs: 3 g/lb X 150 lb = 450 grams

2,800 Calorie Meal Plan

Breakfast	Carbohydrate (grams)	Lunch	Carbohydrate (grams)	Post Exercise Snack	Carbohydrate (grams)	Dinner	Carbohydrate (grams)
1 cup orange juice	30	2 slices whole wheat bread	30	11 oz Gatorade		1 ½ cup pasta	60
1 large banana	30	4 oz turkey breast meat	0	Nutrition Shake (Vanilla)*	60	¾ cup marinara sauce	15
1 cup raisin bran	42	1 tbsp mayonnaise	0	1 Gatorade Energy Bar	46	2 tbsp parmesan	0
12 oz 1% milk	16	2 lettuce leaves	0			1 cup broccoli	8
1 slice whole wheat toast	15	2 tomato slices	2			2 cup salad	3
2 tsp margarine	0	1 small pear	15			3 tbsp Italian Dressing	0
		1 oz pretzels	23			2 slices French bread	30
		8 oz Gatorade	14			2 tsp margarine	0
						12 oz 1% milk	16
TOTAL	133		84		106		132
TOTALS	455 grams						

Time your meals to perform your best. Allow 3-4 hours to digest a large meal, two to three hours for a smaller meal. Drink sports drinks and eat high-carbohydrate foods after exercise to help muscle recovery. Below are some examples of pre-exercise and recovery meals:

75 g carb	1 bagel	30 g
1 hour prior	1 tbsp fruit spread	14 g
	8 oz 1% milk	12 g
	1 small banana	15 g
	TOTAL	71 grams carb

Recovery Needs: 0.7 g/lb X 150 lb = 105 g carb

11 oz Gatorade Nutrition Shake (Vanilla)*	60 g
1 Gatorade Energy Bar	46 g
TOTAL	106 grams carb

300 g carb	2 cups pasta	80 g
4 hours prior	1 cup marinara sauce	20 g
	1 cup cooked vegetables	10 g
	2 slices whole wheat bread	30 g
	8 oz 1% milk	12 g
	6 graham crackers	33 g
	1/4 cup dried fruit	30 g
	1 cup low fat fruit yogurt	43 g
	12 oz orange juice	45 g
	TOTAL	303 grams carb

*Available on www.gatorade.com

Food Examples for Meeting Carbohydrate Needs for 175 lb Athlete

Daily Carbohydrate (carb) Needs: 3 g/lb X 175 lb = 525 grams

3,200 Calorie Meal Plan

Breakfast	Carbohydrate (grams)	Lunch	Carbohydrate (grams)	Post Exercise Snack	Carbohydrate (grams)	Dinner	Carbohydrate (grams)
1 cup orange juice	30	2 slices whole wheat bread	30	11 oz Gatorade		2 cups pasta	80
1 large banana	30	4 oz turkey breast meat	0	Nutrition Shake (Vanilla)*	60	1 cup marinara sauce	20
1 cup raisin bran	42	1 tbsp mayonnaise	0	1 Gatorade Energy Bar	46	2 tbsp parmesan	0
12 oz 1% milk	16	2 lettuce leaves	0	1 cup low fat vanilla yogurt	36	1 cup broccoli	8
1 slice whole wheat toast	15	2 tomato slices	2			2 cups salad	3
2 tsp margarine	0	1 small pear	15			3 tbsp Italian Dressing	0
		2 oz pretzels	45			1 slice French bread	15
		8 oz Gatorade	14			2 tsp margarine	0
						12 oz 1% milk	16
TOTAL	133		106		142		142
TOTALS	523 grams						

Time your meals to perform your best. Allow 3-4 hours to digest a large meal, two to three hours for a smaller meal. Drink sports drinks and eat high-carbohydrate foods after exercise to help muscle recovery. Below are some examples of pre-exercise and recovery meals:

88 g carb	1 bagel	30 g
1 hour prior	4 tbsp. fruit spread	20 g
	8 oz 1% milk	12 g
	1 large banana	30 g
	TOTAL	92 grams carb

350 g carb	2 ½ cups pasta	100 g
4 hours	1 ½ cups meat sauce	20 g
prior	1 ½ cups cooked vegetables	15 g
	3 slices whole wheat bread and margarine	45 g
	2 cups 1% milk	24 g
	8 graham crackers	44 g
	1/4 cup dried fruit	30 g
	1 cup low fat fruit yogurt	43 g
	20 oz Gatorade	35 g
	TOTAL	356 grams carb

Recovery Needs: 0.7 g/lb X 175 lb = 123 grams

11 oz Gatorade Nutrition Shake (Vanilla)*	60 g	
1 Gatorade Energy Bar	46 g (7 g protein)	
1/2 cup low fat vanilla yogurt	18 g (5 g protein)	
TOTAL		124 grams carb

*Available on www.gatorade.com