

2,500-3,900 Calorie Daily Diet Plan

Per your Body weight

Protein = 130 to 165 grams per day

Carbohydrates = 460 grams per day

Fats = 56 healthy fat grams per day

Sample Daily Diet Plan for 150-Pound Power and speed Athlete.

	Items	Calories	Carbs (g)	Protein (g)	Fat (g)
Breakfast	2 slices cracked-	132	26	4	1
	1 cup 1% Milk	102	11	8	2.6
	1 tbsp strawberry	54	14	0.1	0
	1 cup orange Juice	110	25	2	0.7
	Subtotal	398	76	14.1	4.3
A.M. Snack	16 ounces Gatorade	100	28	0	0
	1 plain bagel	200	38	7	2
	Subtotal	300	66	7	2
Lunch	½ chicken breast	142	0	26.7	3
	1 cup white rice	200	43	4	0.5
	1 cup green beans	43	10	2	0.4
	1 roll	119	20	3	3
	1 % milk	102	12	8	2.6
	1 pear or apple	98	25	0.7	0.7
	Subtotal	704	110	44.4	10.2
P.M. Snack	Whey Protein	210	6	40	2
	Subtotal	210	6	40	2
Dinner	2.5 cups spaghetti	720	83.8	40	25
	1 Roll (avg)	119	19.6	2.9	3
	1 cup Caesar Salad	9	1	0.1	0.1
	1 tbsp Caesar salad	57	3.5	1.2	4.9
	1 orange	72	15.4	1.2	0.2
	Subtotal	977	123.3	45.4	33.2
	Daily Total	2589	381.3	150.9	51.7

Other Dinner Items with high protein:

- 1 Chicken Enchilada, 26g
- 1 Broiled Half Chicken Breast, 26g
- 3 oz. Broiled Halibut, 60g
- 3 oz. Smoked Salmon, 50g
- 1cup Spinach, 50g
- 2 pieces Roasted Turkey, 79g

