

# Meal Suggestions

## High School Athletes

The following are sample meals that list the amounts of calories in the meal. Also listed are the percentage of protein, fats and carbohydrates found in that meal.

### Breakfast

Cereal (2 cups) (ex. Raisin Bran)  
Milk (2 cups skim milk)  
Calories 514  
Carbohydrates 76%  
Protein 19%  
Fat 5%

Bagel or 2 slices of bread  
Peanut Butter 2 tbs.  
Skim Milk 12 oz.  
Calories 503  
Carbohydrates 48%  
Protein 20%  
Fat 32%

Frozen Waffles 4 ea.  
Butter Spread 4 tsp.  
Syrup  $\frac{1}{4}$  cup  
Skim Milk 12 oz.  
Calories 800  
Carbohydrates 65%  
Protein 10%  
Fat 25%

### Lunch

Peanut Butter & Jelly Sandwich  
Apple (1)  
Banana (1)  
Chips (1 small bag)  
Milk 2% 16 oz.  
Calories 994  
Carbohydrates 55%  
Protein 12%  
Fat 33%

Turkey Sandwich  
Carrot Sticks  $\frac{1}{2}$  cup  
Apple (1)  
Tostitos Baked Cool Ranch (1 small bag)  
Chocolate Milk 2% 16 oz.  
Calories 917  
Carbohydrates 52%  
Protein 24%  
Fat 24%

Egg McMuffin (1)  
Milk 1% 8 oz.  
Orange Juice 8 oz.  
Calories 486  
Carbohydrates 51%  
Protein 21%  
Fat 28%

Energy Bar  
Apple (1)  
Skim Milk 12 oz.  
Calories 540  
Carbohydrates 60%  
Protein 27%  
Fat 13%

Cheese Pizza (3 slices)  
Carrot Sticks  $\frac{1}{2}$  cup  
Apple (1)  
Chocolate Milk 2% 16 oz.  
Calories 792  
Carbohydrates 59%  
Protein 19%  
Fat 22%

Hamburger (2)  
French Fries (20 each)  
Carrot Sticks  $\frac{1}{2}$  cup  
Apple (1)  
Milk 1% 16 oz.  
Calories 1166  
Carbohydrates 53%  
Protein 15%  
Fat 32%