**You will be designing a 3 day meal plan for the three following athletes:**

1. An in season 180LB basketball player who is midseason and has a game in 3 days.

Optimum Fuel is 55% Carbs, 25% Protein, and 20% Fat

1. An off season 220 pound Football player who is going looking to gain strength and weight:

Trying to gain one pound per week (extra 3500 calories is one pound)

Goals add 500-1000 calories/day

Increase number of meals not just meal size

Generally 60% carbs 20% fat and 20% protein

1. A 140 LB wrestler who is cutting weight before a competition:

Optimum Fuel is 55% Carbs, 25% Protein, and 20% Fat

1. Yourself trying to lose 3 pounds

To lose weight you would cut about 200 calories a day from your normal calorie intake (step 1)

**Step One:** Figure out how many calories that person should be eating on a daily basis:

**Divide the weight by 2.2 to calculate the weight of the person in kilograms (kg)**

* Sedentary person
  + Weight(kg) x 25
* Moderately active
  + Weight(kg) x 30
* Active
  + Weight(kg) x 40
* Underweight person
  + Weight(kg) x 45

Divide the weight by 2.2 to calculate the weight of the person in kilograms (kg)

**Step Two:**

Take the number of calories and figure out the percentage of protein needs, carb, and fat needs for each athlete.

**Step Three:**

Design a 5 day meal plan for each of the previous athletes. You must list the calorie content of each item so I can assure that you have met the required amount.

**Resources:**

[**http://www.stack.com/athlete-meal-plan/**](http://www.stack.com/athlete-meal-plan/)

[**http://www.nmnathletics.com/attachments1/515.htm?DB\_OEM\_ID=5800**](http://www.nmnathletics.com/attachments1/515.htm?DB_OEM_ID=5800)