

Sample Sensible Eating Plans for Active College Men

Healthy, active college men need approximately 2400-3200 calories/day. Your individual needs may be higher or lower depending on your basal metabolic rate and level of physical activity. The plans below represent about 2800 calories, 60% from high quality carbohydrates, 20% from lean protein, and 20% from mostly unsaturated fat (4-6 Veggies, 5 Fruit, 13 Grains, 4 Milk, 3 Protein and 8 Fat)

	At Home	In the Dining Halls	On the Go
Breakfast	Large bagel- 4oz. with Peanut butter- 2 Tbsp. Fat free milk-8oz. (4 Gr, 4 Fat, 1M)	Cheerios- 1 ½ c. Fat free milk-1c. Scrambled eggs- 2 Orange juice- 12 oz. (2 Gr, 1M, 1 Pro, 2 Fat, 3 F)	Large banana MetRx Bar Water (2 F, 1 M, 2 Gr)
Snack	Large banana Water (2 F)	Water	–
Lunch	Turkey breast- 3 oz. Whole wheat bread – 2sl. Lettuce, tomato, mustard ¼ avocado Baby carrots- 1 c. Pretzels- 1 oz. Water (1 Pro, 3 Gr, 3 V, 2 Fat)	Turkey breast- 3 oz. Wheat bread- 2 sl. Lettuce, tomato, mustard Large apple Water (1 Pro, 2 Gr, 1 V, 2 F)	Baja Fresh black bean and grilled veggie burrito (no sour cream) Tortilla chips- 1 oz. Water (3 G, 1P, 1V, 1 Fat)
Snack	Fruit yogurt- 1 c. Water (1 M,)	Pretzels- 2 oz. Water (2 Gr)	Granola bar Water (2 Gr)
Dinner	Brown rice- 2 c. Chicken breast – 6oz. Veggies- 1 ½ c. (stir fried with non-stick cooking spray, low sodium soy sauce, garlic, ginger) Water (4 G, 2 Pro, 3 V)	Grilled veggie pizza-1 large slice Chicken breast – 3 oz. Salad-2 c. greens, 1 c. vegetables, and ½ c. kidney/garbanzo beans Fat free Italian dressing- 2 Tbsp. Water (3 Gr, 1 M, 1 Pro ,3 Fat, 4 V)	Grilled chicken breast sandwich (on bun) Lettuce, tomato, mustard Salad (2cups lettuce + 2 Tbsp. Dressing) Fruit juice- 12 oz. (2 Gr, 1 Pro, 3 V, 3 Fat, 3 F)
Snack	Frozen bean and cheese burrito – 5 oz.. Fruit juice – 12 oz.. (3 F, 1 Gr, 1M, 2 Fat)	Whole wheat bread – 2 sl. Peanut butter- 1.5 Tbsp. Jelly- 1.5 Tbsp. Fat free milk- 8 oz. (1 M, 2 G, 3 Fat)	Frosted shredded wheat- 2 c. Fat free milk- 8 oz. (4 Gr, 2 M)

V = Vegetable; F = Fruit; Gr = Grain; Pro = Protein; M = Milk; Fat = Fat