

## Sample Sensible Eating Plans for Active College Women

*Healthy, active college women need approximately 1600-2400 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 2000 calories, 60% from high quality carbohydrates, 20% from lean protein, and 20% from mostly unsaturated fat (4-6 Veggies, 4 Fruit, 9 Grains, 3 Milk, 2 Protein and 5 Fat)*

	At Home	In the Dining Halls	On the Go
<b>Breakfast</b>	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- 8 oz. (2 Gr, 1M, 1 Pro, 2 Fat, 2 F)	Small banana Cliff Bar Water  (1 F, 1 M, 2 Gr)
<b>Snack</b>	Small banana Water (1 F)	Water	Short latte with fat free milk-8 oz. (1 M)
<b>Lunch</b>	Turkey breast- 3 oz. Whole wheat bread – 2sl. Lettuce, tomato, mustard Baby carrots- 1 c. Water (1 Pro, 2 Gr, 3 V)	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) Water (3 G, 1P, 1V, 1 Fat)
<b>Snack</b>	Fat free plain yogurt- 1 c. Berries- 1 c. Water (1 M, 1 F)	Pretzels- 2 oz. Water  (2 Gr)	Water
<b>Dinner</b>	Brown rice- 1 c. Tofu- 1 c. cubes Veggies- 1 ½ c. (stir fried with non-stick cooking spray, low sodium soy sauce, garlic, ginger) Water  (2 G, 1 Pro, 1 Fat, 3 V)	Grilled veggie pizza-1 large slice Salad-2 c. greens, 1 c. mixed vegetables, and ½ c. kidney/garbanzo beans Fat free Italian dressing- 2 Tbsp. Water (3 Gr, 1 M, 3 Fat, 4 V)	Grilled chicken salad (3 c. lettuce + 3 oz. chicken breast) With 2 Tbsp. Dressing Bread stick- 1 Fruit juice- 12 oz.  (1 Pro, 3 V, 4 fat, 1 Gr, 3 F)
<b>Snack</b>	Large apple String cheese- 1 oz. Water (2 F, 1 M)	Fat free fruit yogurt – 8 oz. Water  (1 M)	Frosted shredded wheat- 1c. Fat free milk- 8 oz. (2 Gr, 1 M)

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