



# NUTRITIONAL PROGRAM

## CALORIC INTAKE QUICK REFERENCE

Expected calories burned in multi-stroke 4000-meter swim workout by body weight													
<b>Body Weight Lbs.</b>	100	110	120	130	140	150	160	170	180	190	200	210	220
<b>Calories Burned</b>	624	686	749	811	874	936	998	1061	1123	1185	1248	1330	1337
Daily caloric intake requirements for days with swim practice only ranges from													
3000 to 3500 CALORIES													
<b>Weight Range</b>	100 lbs – 130 lbs			131 lbs – 160 lbs			161lbs – 190 lbs			191 lbs – 220 lbs			
<b>Target Intake</b>	3000-3125			3125-3250			3250-3375			3375-3500			
Daily caloric intake requirement for swim practice plus weightlifting and/or dryland ranges from													
4000 to 4700 CALORIES													
<b>Weight Range</b>	100 lbs – 130 lbs			131 lbs – 160 lbs			161lbs – 190 lbs			191 lbs – 220 lbs			
<b>Target Intake</b>	4000-4175			4174-4350			4350-4525			4525-4700			
WHEN TO EAT													
<b>AM Snack</b>	<b>Breakfast</b>			<b>Snack</b>			<b>Lunch</b>			<b>Dinner</b>		<b>Snack</b>	
6:30 – 7:00 AM	8:15 – 8:30 AM			10:30 – 10:45 PM			3:15 – 3:30 PM			6:30 - 7:00 PM		8:30 PM	
WHAT TO EAT													
<b>Breakfast Options (Pick 1)</b>				<b>AM Snack (Pick 1)</b>				<b>Lunch (Pick 1)</b>					
1. Oatmeal pkt. + banana + cocoa or milk 2. Bagel / 2 bread + 2tbs pb + yogurt + fruit 3. 2 cereal bars + yogurt + fruit 4. 2 scrmb l eggs + 2 toast + fruit + milk 5. Egg McMuffin + fruit 6. Cereal + low fat milk + fruit				1. Sports/Protein bar 2. ½ cup of nuts +apple/orange 3. PB crackers + banana 4. PB/banana/honey sandwich				1. Pasta w/sauce + salad + protein in salad or sauce + glass low fat milk 2. 2 med slice cheese pizza + salad + fruit 3. 6" sub-sandwich w/cheese and meat and vegetables + fruit + glass of milk 4. Salad w/turkey, cheese or egg, beans, dressing + roll or bagel w/PB.					
<b>Post-Workout Snack (Pick 1)</b>				<b>Post Dinner Snack (Pick 1)</b>				<b>Dinner (Pick 1)</b>					
1. PB Crackers with banana 2. Yogurt with whole grain cereal 3. Sports Bar (Luna, Cliff bar, Powerbar) 4. ½ Cup nuts + apple or orange				1. Chocolate Milk 2. Crackers + Humus 3. Veggie sticks + Humus 4. Fruit Juice 5. Egg sandwich				1. Chicken & veggie stir fry over brown rice 2. Cheese tortellini w/marinara sauce + salad 3. 6" hoagie (turkey, ham, roast beef, cheese and veggie} + salad or soup 5 Veggie burger + yogurt or milk 6 Grilled chicken salad + baked potato w/cheese and broccoli					
TARGET FOODS AND RATIOS													
Plates should be: ½ Fruits & Vegetables, ¼ Protein, ¼ Carbohydrates													
<b>FATS</b>				<b>PROTEINS</b>				<b>CARBOHYDRATES</b>					
Unsaturated: vegetable oil, nuts, seeds, avocados. Fat needed for energy.				Lean meats, poultry, fish, eggs, egg whites, low fat dairy, beans and soy products.				Fruits, vegetables & whole grains, potatoes; raisins, Cliff bar, Powerbar, Apple, Skim milk					

**YOU MUST EAT MINIMUM OF 5 TIMES A DAY – MEALS & SNACK**

**Successful athletes eat correctly, get 8 hours of sleep, and stick to a hydration plan!**