

Meal Plan for Teenage Athletes



The 7-Day
Nutrition
Playbook for
Parents

Proper Nutrition is a Key Factor in Athletic Performance

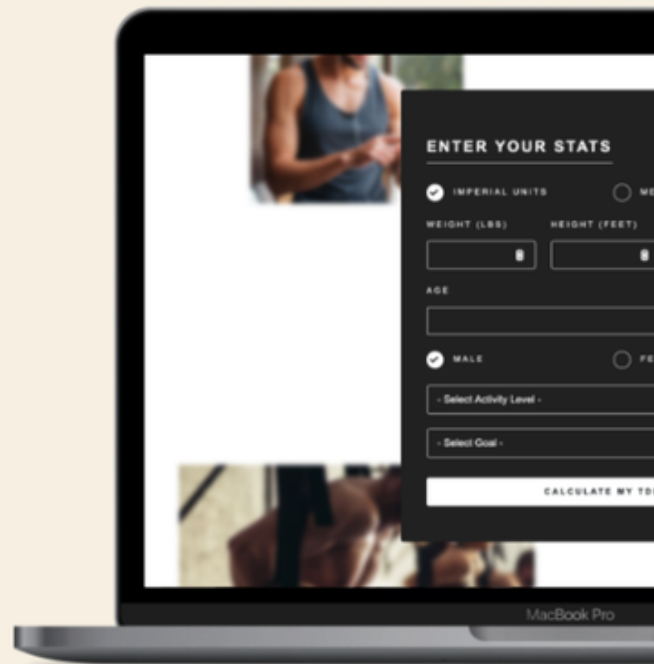
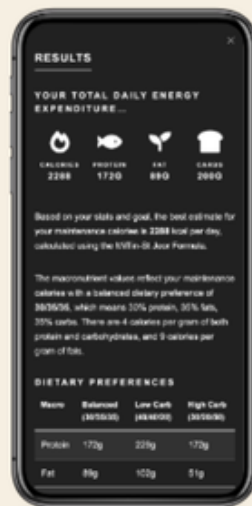
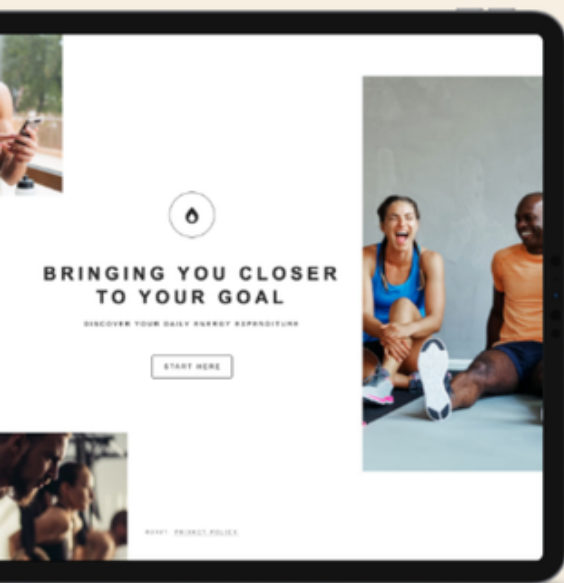
Proper nutrition is crucial for teenage athletes as it directly impacts their athletic performance and overall health. As adolescents go through a period of rapid growth and development, their bodies require a balanced and nutrient-dense diet to support their physical activity and meet their nutritional needs. Without adequate nutrition, teenage athletes may experience fatigue, poor recovery, and increased risk of injury, hindering their ability to perform at their best. By prioritizing proper nutrition, teenage athletes can not only enhance their athletic performance but also lay the foundation for a healthy and active lifestyle in the future.



A photograph of two young women in athletic wear (black and yellow sleeveless shirts) sitting outdoors. The woman on the left is looking towards the woman on the right, who is wearing glasses and has her hair in a bun. They appear to be in a conversation. The background is a blurred green space with trees. A dark blue semi-transparent rectangle is overlaid on the bottom half of the image, containing white text.

Here's a simple nutrition
guide based on your
athlete's weight

So you can ensure they are
eating enough to support their
athletic performance goals



100 lb. Athlete Macronutrient Breakdown



Calories

Proteins

Fats

Carbohydrates

1,850

100

60

230

Full-Day of Eating Example

Morning Protein Shake (450 calories, 35 protein, 15 fat, 40 carbs)

- 1 scoop protein powder
- 1 banana or 1 cup frozen berries
- 2 tbsp. chia seeds
- 2 cups milk

Breakfast

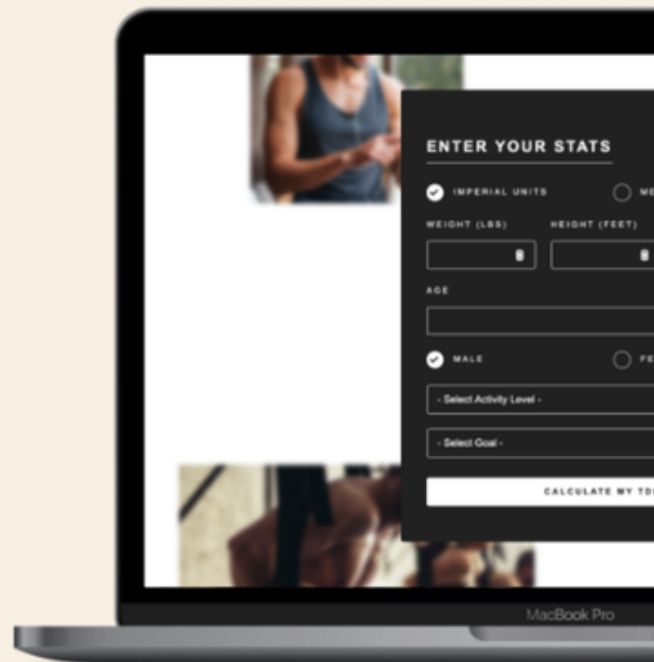
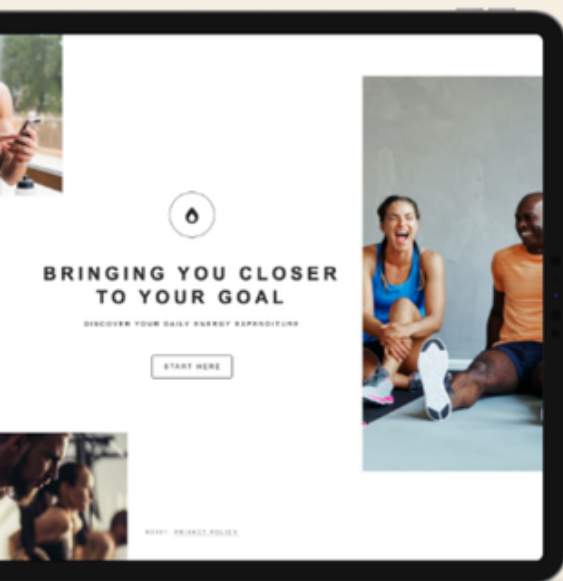
- [A] 2 eggs, 1/2 avocado, 2 piece of toast, 1 apple
 - (500 calories, 20 protein, 25 fat, 45 carbs)
- [B] 1 cup Greek yogurt, 1/8 cup almonds, 1 cup berries, 1 tbsp. honey
 - (525 calories, 25 protein, 30 fat, 45 carbs)
- [C] 1/2 cup cottage cheese, 1/8 cup almonds, 1 cup berries, 1 tbsp. honey
 - (550 calories, 35 protein, 30 fat, 45 carbs)
- [D] 1/2 cup oats, 1/2 cup Greek yogurt, 2 tbsp. chia seeds, 1 cup berries, 1 tbsp. honey
 - (550 calories, 20 protein, 20 fat, 70 carbs)

Lunch

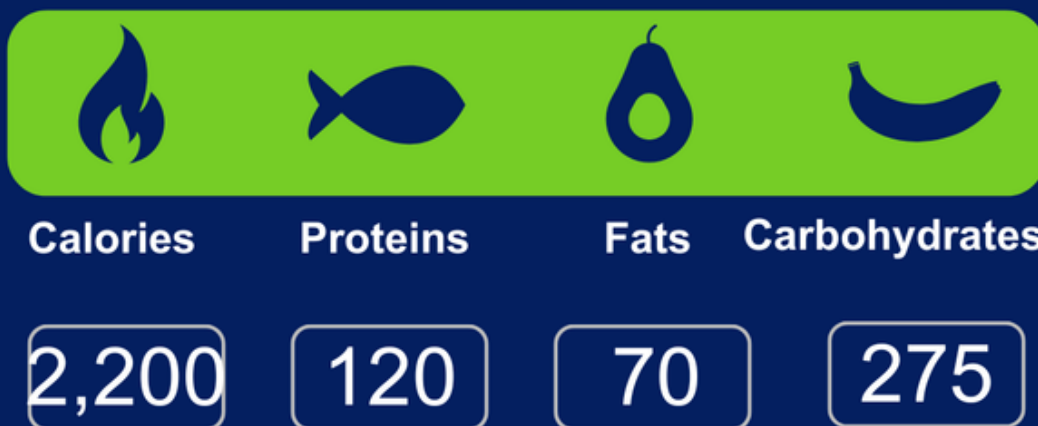
- [A] peanut butter and jelly sandwich (2 pieces of bread, 2 tbsp. peanut butter, 2 tbsp. jelly), 1 apple
 - (500 calories, 10 protein, 20 fat, 75 carbs)
- [B] turkey sandwich (2 pieces of bread, 4 oz. turkey), 1 apple, 8 baby carrots
 - (400 calories, 20 protein, 15 fat, 55 carbs)
- [C] 1 cup of egg salad, 1 pita wrap, 1 cup of apple sauce
 - (675 calories, 25 protein, 40 fat, 50 carbs)
- [D] air fryer chicken wrap (1 pita wrap, 4 oz. air fried chicken, 1 oz. cheddar cheese, 1/2 cup shredded lettuce, 1 tbsp. mayo), 1 cup of pineapple, 8 baby carrots
 - (675 calories, 50 protein, 25 fat, 65 carbs)

Dinner

- [A] 4 oz. chicken breast, 1 sweet potato, 1 cup broccoli
 - (250 calories, 30 protein, 2 fat, 30 carbs)
- [B] 1 cup cooked pasta with meat sauce and side salad
 - (500 calories, 20 protein, 15 fat, 65 carbs)
- [C] ground beef tacos (2 corn tortillas or 1 flour tortilla, 4 oz. ground beef, 1 oz. cheddar cheese, 1/4 cup of sauteed peppers and onions)
 - (475 calories, 40 protein, 25 fat, 15 carbs)
- [D] 4 oz. ground chicken/turkey, 1 cup cooked rice, 1 cup broccoli, 1/2 avocado
 - (525 calories, 35 protein, 20 fat, 50 carbs)



120 lb. Athlete Macronutrient Breakdown



Full-Day of Eating Example

Morning Protein Shake (450 calories, 35 protein, 15 fat, 40 carbs)

- 1 scoop protein powder
- 1 banana or 1 cup frozen berries
- 2 tbsp. chia seeds
- 2 cups milk

Breakfast

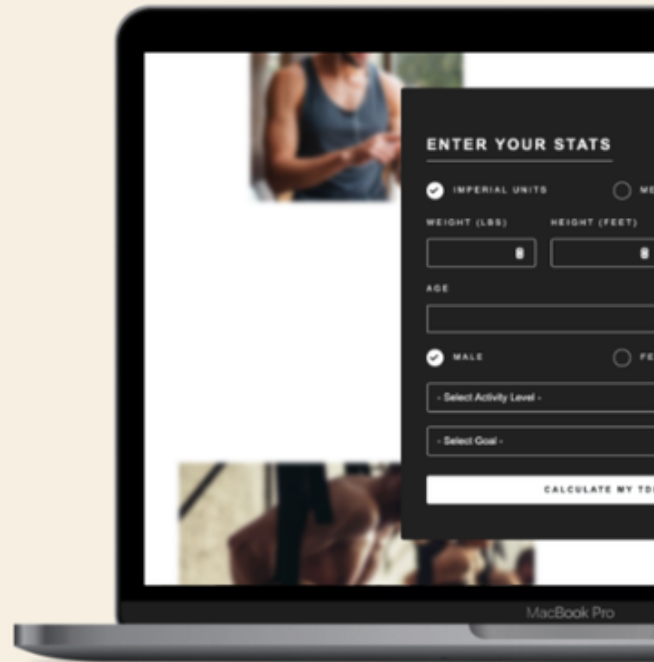
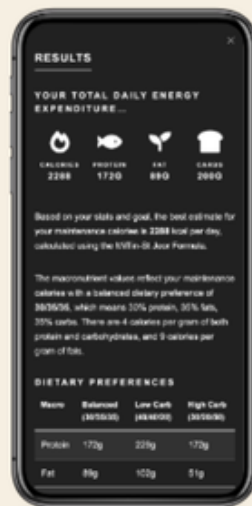
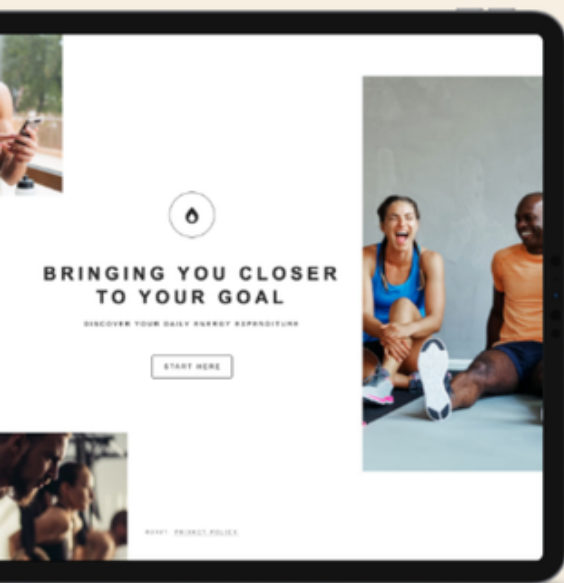
- [A] 2 eggs, 1/2 avocado, 2 piece of toast, 1 apple
 - (500 calories, 20 protein, 25 fat, 45 carbs)
- [B] 1 cup Greek yogurt, 1/8 cup almonds, 1 cup berries, 1 tbsp. honey
 - (525 calories, 25 protein, 30 fat, 45 carbs)
- [C] 1/2 cup cottage cheese, 1/8 cup almonds, 1 cup berries, 1 tbsp. honey
 - (550 calories, 35 protein, 30 fat, 45 carbs)
- [D] 1/2 cup oats, 1/2 cup Greek yogurt, 2 tbsp. chia seeds, 1 cup berries, 1 tbsp. honey
 - (550 calories, 20 protein, 20 fat, 70 carbs)

Lunch

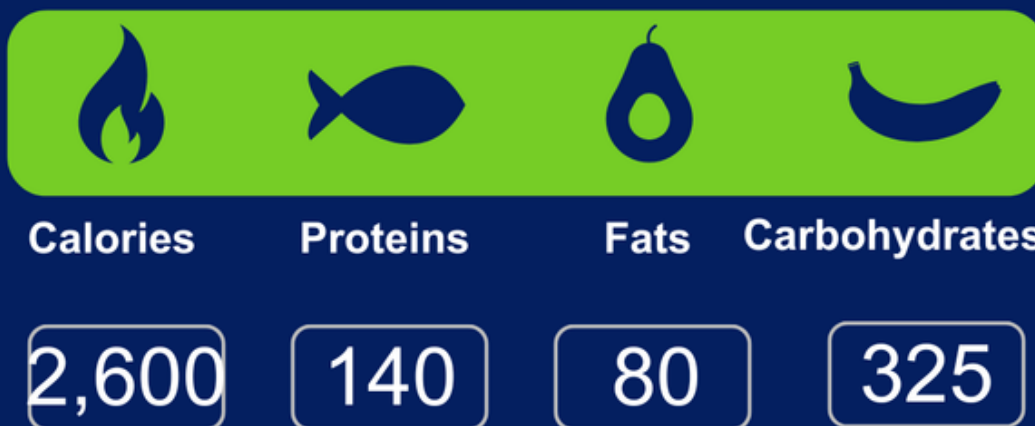
- [A] peanut butter and jelly sandwich (2 pieces of bread, 2 tbsp. peanut butter, 2 tbsp. jelly), 1 apple
 - (500 calories, 10 protein, 20 fat, 75 carbs)
- [B] turkey sandwich (2 pieces of bread, 4 oz. turkey), 1 apple, 8 baby carrots
 - (400 calories, 20 protein, 15 fat, 55 carbs)
- [C] 1 cup of egg salad, 1 pita wrap, 1 cup of apple sauce
 - (675 calories, 25 protein, 40 fat, 50 carbs)
- [D] air fryer chicken wrap (1 pita wrap, 4 oz. air fried chicken, 1 oz. cheddar cheese, 1/2 cup shredded lettuce, 1 tbsp. mayo), 1 cup of pineapple, 8 baby carrots
 - (675 calories, 50 protein, 25 fat, 65 carbs)

Dinner

- [A] 4 oz. chicken breast, 1 sweet potato, 1 cup broccoli
 - (250 calories, 30 protein, 2 fat, 30 carbs)
- [B] 1 cup cooked pasta with meat sauce and side salad
 - (500 calories, 20 protein, 15 fat, 65 carbs)
- [C] ground beef tacos (2 corn tortillas or 1 flour tortilla, 4 oz. ground beef, 1 oz. cheddar cheese, 1/4 cup of sauteed peppers and onions)
 - (475 calories, 40 protein, 25 fat, 15 carbs)
- [D] 4 oz. ground chicken/turkey, 1 cup cooked rice, 1 cup broccoli, 1/2 avocado
 - (525 calories, 35 protein, 20 fat, 50 carbs)



140 lb. Athlete Macronutrient Breakdown



Full-Day of Eating Example

Morning Protein Shake (450 calories, 35 protein, 15 fat, 40 carbs)

- 1 scoop protein powder
- 1 banana or 1 cup frozen berries
- 2 tbsp. chia seeds
- 2 cups milk

Breakfast

- [A] 2 eggs, 1/2 avocado, 2 piece of toast, 1 apple
 - (500 calories, 20 protein, 25 fat, 45 carbs)
- [B] 1 cup Greek yogurt, 1/8 cup almonds, 1 cup berries, 1 tbsp. honey
 - (525 calories, 25 protein, 30 fat, 45 carbs)
- [C] 1/2 cup cottage cheese, 1/8 cup almonds, 1 cup berries, 1 tbsp. honey
 - (550 calories, 35 protein, 30 fat, 45 carbs)
- [D] 1/2 cup oats, 1/2 cup Greek yogurt, 2 tbsp. chia seeds, 1 cup berries, 1 tbsp. honey
 - (550 calories, 20 protein, 20 fat, 70 carbs)

Lunch

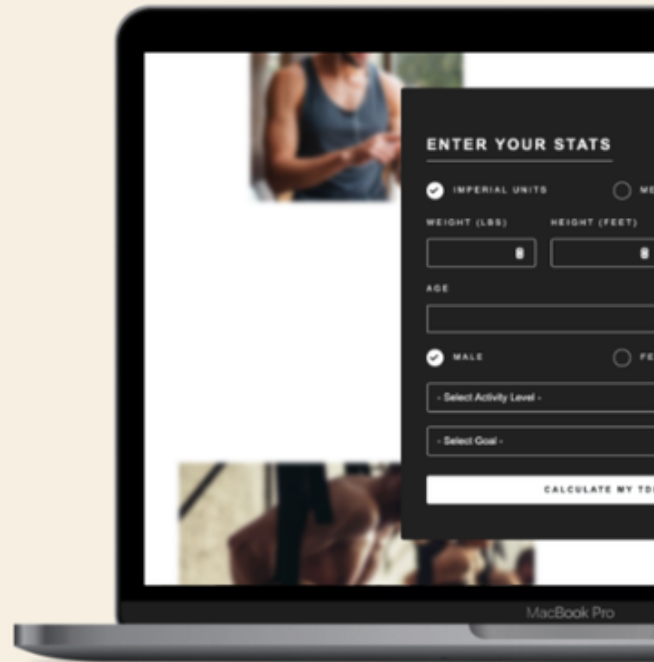
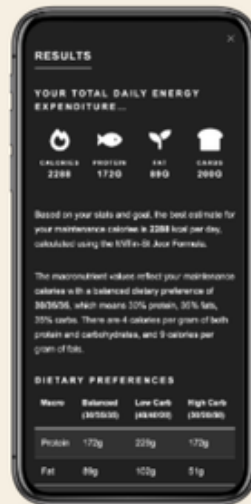
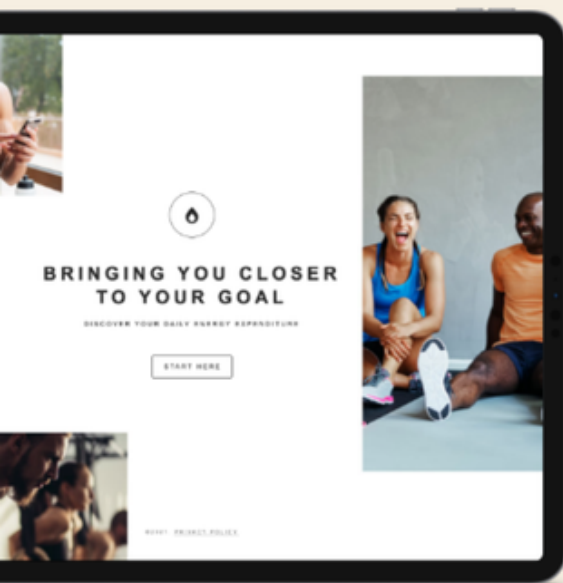
- [A] peanut butter and jelly sandwich (2 pieces of bread, 2 tbsp. peanut butter, 2 tbsp. jelly), 1 apple
 - (500 calories, 10 protein, 20 fat, 75 carbs)
- [B] turkey sandwich (2 pieces of bread, 4 oz. turkey), 1 apple, 8 baby carrots
 - (400 calories, 20 protein, 15 fat, 55 carbs)
- [C] 1 cup of egg salad, 1 pita wrap, 1 cup of apple sauce
 - (675 calories, 25 protein, 40 fat, 50 carbs)
- [D] air fryer chicken wrap (1 pita wrap, 4 oz. air fried chicken, 1 oz. cheddar cheese, 1/2 cup shredded lettuce, 1 tbsp. mayo), 1 cup of pineapple, 8 baby carrots
 - (675 calories, 50 protein, 25 fat, 65 carbs)

Snack

- [A] 1 apple or banana, 1/4 cup of peanuts
 - (250 calories, 10 protein, 15 fat, 25 carbs)
- [B] protein shake (1 scoop protein powder)
 - (150 calories, 25 protein, 5 fat, 5 carbs)
- [C] granola bar
 - (100-150 calories, 5-10 protein, 5 fat, 20-25 carbs)

Dinner

- [A] 6 oz. chicken breast, 1 sweet potato, 1 cup broccoli
 - (450 calories, 45 protein, 5 fat, 60 carbs)
- [B] 2 cup cooked pasta with meat sauce and side salad
 - (650 calories, 40 protein, 15 fat, 90 carbs)
- [C] ground beef tacos (3 corn tortillas or 2 flour tortilla, 6 oz. ground beef, 2 oz. cheddar cheese, 1/4 cup of sauteed peppers and onions)
 - (750 calories, 50 protein, 50 fat, 30 carbs)
- [D] 6 oz. ground chicken/turkey, 2 cup cooked rice, 1 cup broccoli, 1/2 avocado
 - (800 calories, 40 protein, 30 fat, 100 carbs)



160 lb. Athlete Macronutrient Breakdown



Calories

Proteins

Fats

Carbohydrates

2,950

160

90

370

Full-Day of Eating Example

Morning Protein Shake (450 calories, 35 protein, 15 fat, 40 carbs)

- 1 scoop protein powder
- 1 banana or 1 cup frozen berries
- 2 tbsp. chia seeds
- 2 cups milk

Breakfast

- [A] 2 eggs, 1/2 avocado, 2 piece of toast, 1 apple
 - (500 calories, 20 protein, 25 fat, 45 carbs)
- [B] 1 cup Greek yogurt, 1/8 cup almonds, 1 cup berries, 1 tbsp. honey
 - (525 calories, 25 protein, 30 fat, 45 carbs)
- [C] 1/2 cup cottage cheese, 1/8 cup almonds, 1 cup berries, 1 tbsp. honey
 - (550 calories, 35 protein, 30 fat, 45 carbs)
- [D] 1/2 cup oats, 1/2 cup Greek yogurt, 2 tbsp. chia seeds, 1 cup berries, 1 tbsp. honey
 - (550 calories, 20 protein, 20 fat, 70 carbs)

Lunch

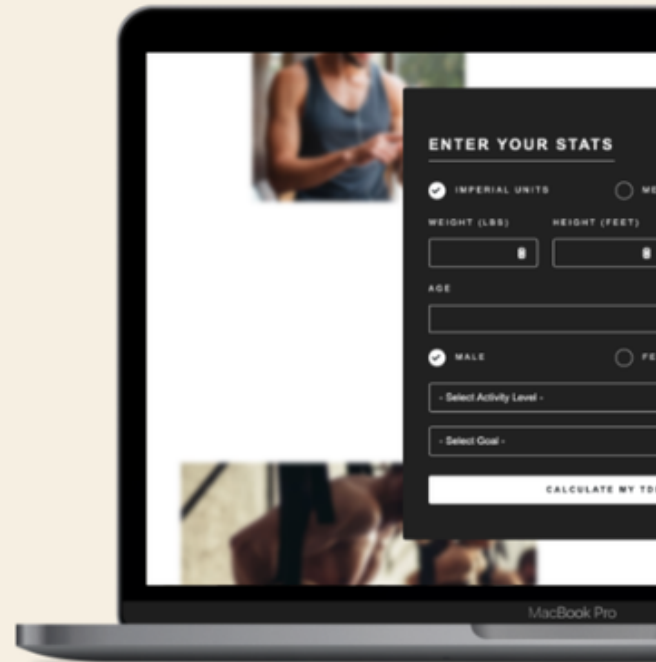
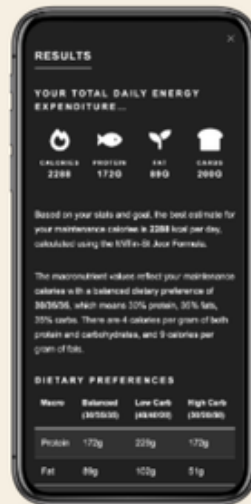
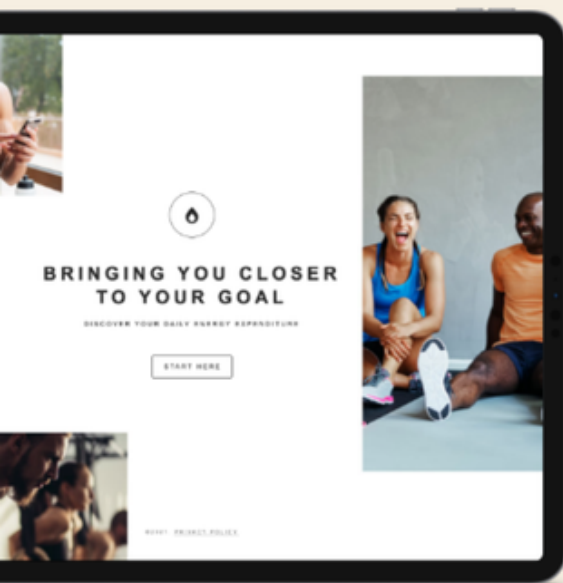
- [A] 2 peanut butter and jelly sandwiches (4 pieces of bread, 4 tbsp. peanut butter, 4 tbsp. jelly), 1 apple
 - (950 calories, 25 protein, 35 fat, 130 carbs)
- [B] turkey sandwich (4 pieces of bread, 8 oz. turkey), 1 apple, 8 baby carrots, 1/4 cup peanuts
 - (1,000 calories, 80 protein, 35 fat, 90 carbs)
- [C] 2 cup of egg salad, 2 pita wrap, 1 cup of apple sauce
 - (1,350 calories, 50 protein, 80 fat, 100 carbs)
- [D] air fryer chicken wrap (2 pita wrap, 8 oz. air fried chicken, 2 oz. cheddar cheese, 1/2 cup shredded lettuce, 1 tbsp. mayo), 1 cup of pineapple, 8 baby carrots
 - (1,150 calories, 100 protein, 40 fat, 100 carbs)

Snack

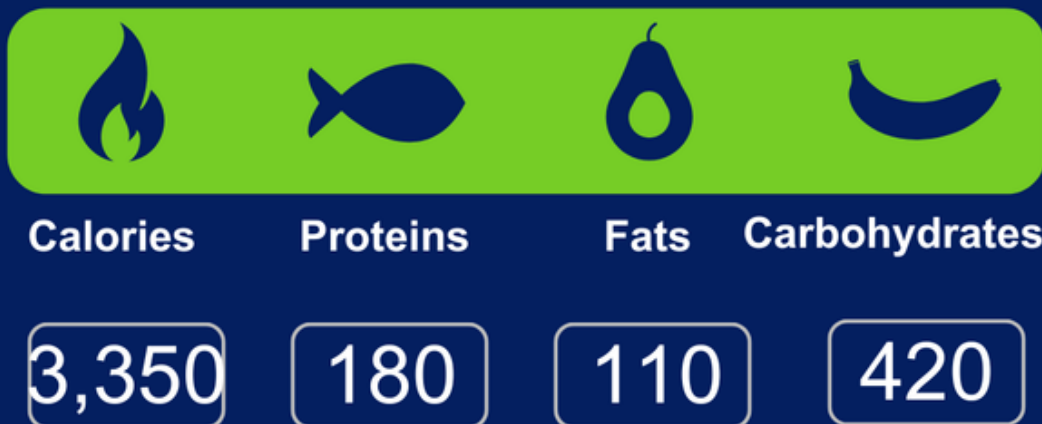
- [A] 1 apple or banana, 1/4 cup of peanuts
 - (250 calories, 10 protein, 15 fat, 25 carbs)
- [B] protein shake (1 scoop protein powder)
 - (150 calories, 25 protein, 5 fat, 5 carbs)
- [C] granola bar
 - (100-150 calories, 5-10 protein, 5 fat, 20-25 carbs)

Dinner

- [A] 6 oz. chicken breast, 1 sweet potato, 1 cup broccoli
 - (450 calories, 45 protein, 5 fat, 60 carbs)
- [B] 2 cup cooked pasta with meat sauce and side salad
 - (650 calories, 40 protein, 15 fat, 90 carbs)
- [C] ground beef tacos (3 corn tortillas or 2 flour tortilla, 6 oz. ground beef, 2 oz. cheddar cheese, 1/4 cup of sauteed peppers and onions)
 - (750 calories, 50 protein, 50 fat, 30 carbs)
- [D] 6 oz. ground chicken/turkey, 2 cup cooked rice, 1 cup broccoli, 1/2 avocado
 - (800 calories, 40 protein, 30 fat, 100 carbs)



180 lb. Athlete Macronutrient Breakdown



Full-Day of Eating Example

Morning Protein Shake (450 calories, 35 protein, 15 fat, 40 carbs)

- 1 scoop protein powder
- 1 banana or 1 cup frozen berries
- 2 tbsp. chia seeds
- 2 cups milk

Breakfast

- [A] 2 eggs, 1/2 avocado, 2 piece of toast, 1 apple
 - (500 calories, 20 protein, 25 fat, 45 carbs)
- [B] 1 cup Greek yogurt, 1/8 cup almonds, 1 cup berries, 1 tbsp. honey
 - (525 calories, 25 protein, 30 fat, 45 carbs)
- [C] 1/2 cup cottage cheese, 1/8 cup almonds, 1 cup berries, 1 tbsp. honey
 - (550 calories, 35 protein, 30 fat, 45 carbs)
- [D] 1/2 cup oats, 1/2 cup Greek yogurt, 2 tbsp. chia seeds, 1 cup berries, 1 tbsp. honey
 - (550 calories, 20 protein, 20 fat, 70 carbs)

Lunch

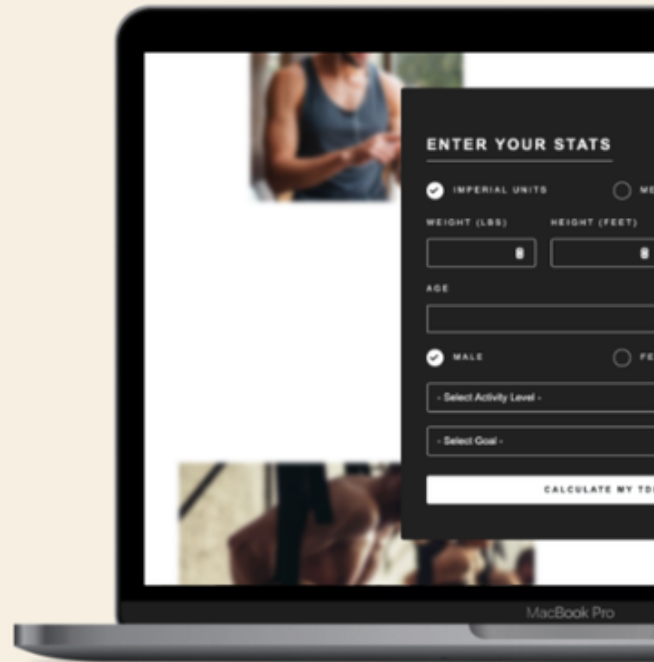
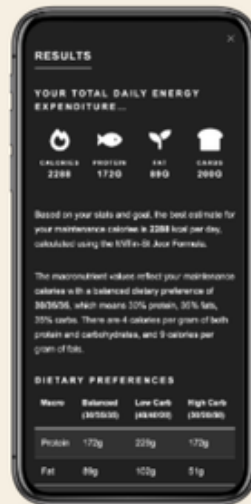
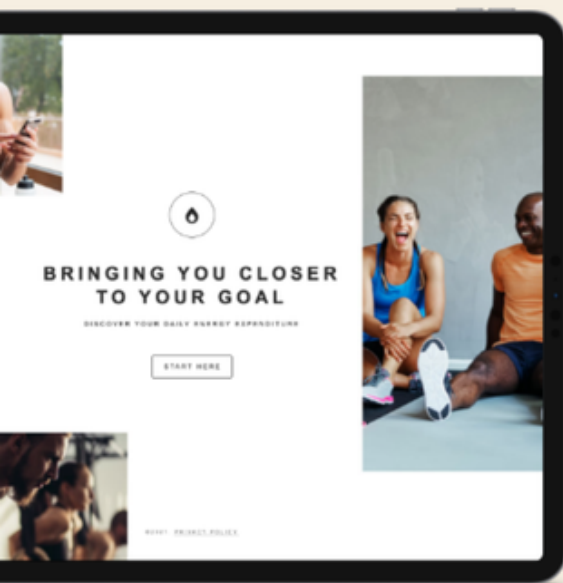
- [A] 2 peanut butter and jelly sandwiches (4 pieces of bread, 4 tbsp. peanut butter, 4 tbsp. jelly), 1 apple
 - (950 calories, 25 protein, 35 fat, 130 carbs)
- [B] turkey sandwich (4 pieces of bread, 8 oz. turkey), 1 apple, 8 baby carrots, 1/4 cup peanuts
 - (1,000 calories, 80 protein, 35 fat, 90 carbs)
- [C] 2 cup of egg salad, 2 pita wrap, 1 cup of apple sauce
 - (1,350 calories, 50 protein, 80 fat, 100 carbs)
- [D] air fryer chicken wrap (2 pita wrap, 8 oz. air fried chicken, 2 oz. cheddar cheese, 1/2 cup shredded lettuce, 1 tbsp. mayo), 1 cup of pineapple, 8 baby carrots
 - (1,150 calories, 100 protein, 40 fat, 100 carbs)

Snack

- [A] 1 apple or banana, 1/4 cup of peanuts
 - (250 calories, 10 protein, 15 fat, 25 carbs)
- [B] protein shake (1 scoop protein powder)
 - (150 calories, 25 protein, 5 fat, 5 carbs)
- [C] granola bar
 - (100-150 calories, 5-10 protein, 5 fat, 20-25 carbs)

Dinner

- [A] 6 oz. chicken breast, 2 sweet potato, 1 cup broccoli
 - (450 calories, 45 protein, 5 fat, 60 carbs)
- [B] 2 cup cooked pasta with meat sauce and side salad
 - (650 calories, 40 protein, 15 fat, 90 carbs)
- [C] ground beef tacos (3 corn tortillas or 2 flour tortilla, 6 oz. ground beef, 2 oz. cheddar cheese, 1/4 cup of sauteed peppers and onions)
 - (750 calories, 50 protein, 50 fat, 30 carbs)
- [D] 6 oz. ground chicken/turkey, 2 cup cooked rice, 1 cup broccoli, 1/2 avocado
 - (800 calories, 40 protein, 30 fat, 100 carbs)



200 lb. Athlete Macronutrient Breakdown



Calories

Proteins

Fats

Carbohydrates

3,700

200

120

460

Full-Day of Eating Example

Morning Protein Shake (450 calories, 35 protein, 15 fat, 40 carbs)

- 1 scoop protein powder
- 1 banana or 1 cup frozen berries
- 2 tbsp. chia seeds
- 2 cups milk

Breakfast

- [A] 3 eggs, 1 avocado, 2 piece of toast, 2 oz. cheese, 1 apple
 - (925 calories, 40 protein, 60 fat, 70 carbs)
- [B] 2 cup Greek yogurt, 1/4 cup almonds, 1 cup berries, 2 tbsp. honey
 - (800 calories, 45 protein, 40 fat, 75 carbs)
- [C] 2 cup cottage cheese, 1/4 cup almonds, 1 cup berries, 2 tbsp. honey
 - (850 calories, 60 protein, 40 fat, 75 carbs)
- [D] 1 cup oats, 1 cup Greek yogurt, 2 tbsp. chia seeds, 1 cup berries, 2 tbsp. honey
 - (1,050 calories, 50 protein, 35 fat, 130 carbs)

Lunch

- [A] 2 peanut butter and jelly sandwiches (4 pieces of bread, 4 tbsp. peanut butter, 4 tbsp. jelly), 1 apple
 - (950 calories, 25 protein, 35 fat, 130 carbs)
- [B] turkey sandwich (4 pieces of bread, 8 oz. turkey), 1 apple, 8 baby carrots, 1/4 cup peanuts
 - (1,000 calories, 80 protein, 35 fat, 90 carbs)
- [C] 2 cup of egg salad, 2 pita wrap, 1 cup of apple sauce
 - (1,350 calories, 50 protein, 80 fat, 100 carbs)
- [D] air fryer chicken wrap (2 pita wrap, 8 oz. air fried chicken, 2 oz. cheddar cheese, 1/2 cup shredded lettuce, 1 tbsp. mayo), 1 cup of pineapple, 8 baby carrots
 - (1,150 calories, 100 protein, 40 fat, 100 carbs)

Snack

- [A] 1 apple or banana, 1/4 cup of peanuts
 - (250 calories, 10 protein, 15 fat, 25 carbs)
- [B] protein shake (1 scoop protein powder)
 - (150 calories, 25 protein, 5 fat, 5 carbs)
- [C] granola bar
 - (100-150 calories, 5-10 protein, 5 fat, 20-25 carbs)

Dinner

- [A] 6 oz. chicken breast, 2 sweet potato, 1 cup broccoli
 - (450 calories, 45 protein, 5 fat, 60 carbs)
- [B] 2 cup cooked pasta with meat sauce and side salad
 - (650 calories, 40 protein, 15 fat, 90 carbs)
- [C] ground beef tacos (3 corn tortillas or 2 flour tortilla, 6 oz. ground beef, 2 oz. cheddar cheese, 1/4 cup of sauteed peppers and onions)
 - (750 calories, 50 protein, 50 fat, 30 carbs)
- [D] 6 oz. ground chicken/turkey, 2 cup cooked rice, 1 cup broccoli, 1/2 avocado
 - (800 calories, 40 protein, 30 fat, 100 carbs)



Learn How to Properly Fuel Your Athlete with the 7-Day Nutrition Playbook for Parents

learn more: thenutritionplaybook.com

or message me directly: nutritionplaybook@gmail.com