

## **Optimal dotFIT™ Performance Meal Plan for Active Youth**

### **Menu plan and eating instructions**

Below is a sample **Performance & Muscle Building Menu and eating instructions** for an growing and active youth athlete weighing approximately 161-170 LBS. You may get complete sets of personalized plans from the dotFIT Me Program.

### ***Arrange your meals around your activities***

Although the meals appear in a breakfast, lunch and dinner fashion (meal numbers have no relevance to eating positions), you must arrange the meals around your training session(s) as marked on the menu above the meals. Space your meals no more than 3-4 hours apart. Other than your pre-event meal and pre- and post- snacks, you may eat the remaining meals in any order that fits your lifestyle or venue.

### ***Early morning training***

If you train soon after rising and have no time for complete digestion of a large meal, make sure you consume your pre-training meal (or something very similar) as your final meal of the day, as late as possible, and consume only the pre-workout snack before your early morning workout.

### ***Pre and post training feedings***

The pre/post feedings or snacks are usually shown in a liquid form, but you may substitute based on preference, venue and/or convenience, any of the appropriate dotFIT™ foods. In other words, you may choose a bar as the pre-workout portion and a shake post-workout or vice-versa.

### **Eating to Gain Weight AND Maximize Athletic Performance**

Total daily calorie intake should be moderately above current expenditure. If weight gain does not occur at approximately ½-1LB per week (the higher end for growing athletes), you may add roughly 100 to 250 calories to your daily total (based on body size) consisting of equal amounts of carbohydrates and protein and moderate fat. For example, 20 g protein, 20 g carbohydrate, 10 g fat equaling 250 calories. If preferred, use your shakes or snacks to supply extra calories. Following the addition of extra calories if after one week weight gain does not occur, repeat the above process.

In some cases rapid weight gain may offset specific performance parameters. Therefore, if body fat or overall weight increases undesirably, slightly reduce daily caloric intake or add a preferred form of aerobic exercise until you achieve your desired weight trend.

In adults, some form of resistance training is needed to create a physiological environment conducive to depositing the extra nutrition into muscle as opposed to fat storage.

Table 1: Sample Performance Meal Plan for Growing, Active Youth (approximately 161-170 lbs.)

| <b>Performance Menu – 4000 Calories</b>  |                |                 |                |                 |
|--|----------------|-----------------|----------------|-----------------|
| <b>Meal 1 – Morning Snack</b> (Eat this meal as soon as you wake up.)  | <b>Pro (g)</b> | <b>Carb (g)</b> | <b>Fat (g)</b> | <b>Calories</b> |
| 3 Eggs (scrambled)   | 19             | 2               | 16             | 233             |
| 2 pieces Wheat toast   | 5              | 24              | 2              | 130             |
| 1 pat Butter   | 0              | 0               | 3              | 27              |
| 1½ cup (12 oz) Orange Juice  | 0              | 41              | 0              | 165             |
| <b>Total:</b>  | <b>24</b>      | <b>66</b>       | <b>21</b>      | <b>554</b>      |
| <b>Percent of Calories:</b>  | <b>17%</b>     | <b>48%</b>      | <b>34%</b>     |                 |
| <b>Meal 2 – Pre Training Meal:</b> low-fat/high carb meal including lean meat and starch (Eat this meal 2 ½ to 3 hours before workouts or competition.)                  | <b>Pro (g)</b> | <b>Carb (g)</b> | <b>Fat (g)</b> | <b>Calories</b> |
| 1 Chicken Teriyaki Bowl  | 26             | 106             | 5              | 580             |
| 1 bottle (20 oz) Gatorade  | -              | 14              | -              | 50              |
| 1 medium Banana  | 1              | 27              | 0.4            | 105             |
| 1 each dotFIT ActiveMV™ Multivitamin   | -              | -               | -              | -               |
| <b>Total:</b>  | <b>27</b>      | <b>147</b>      | <b>5.4</b>     | <b>735</b>      |
| <b>Percent of Calories:</b>  | <b>15%</b>     | <b>80%</b>      | <b>7%</b>      |                 |
| <b>Meal 3 – Pre Training Snack</b> -- dotFIT FirstString, any recipe (Eat this snack 10 to 40 minutes before workouts to maximize energy stores.)                        | <b>Pro (g)</b> | <b>Carb (g)</b> | <b>Fat (g)</b> | <b>Calories</b> |
| 2 scoops dotFIT FirstString™   | 21             | 45              | 3              | 285             |
| 1 cup Frozen Mixed Berries   | -              | 17              | -              | 70              |
| Crushed Ice  | -              | -               | -              | -               |
| <b>Total:</b>  | <b>21</b>      | <b>62</b>       | <b>3</b>       | <b>355</b>      |
| <b>Percent of Calories:</b>  | <b>14%</b>     | <b>67%</b>      | <b>26%</b>     |                 |
| <b>Meal 4 – Post Training Snack</b> -- dotFIT FirstString, any recipe (Eat or drink this snack immediately after workouts to refill energy stores and enhance recovery.) | <b>Pro (g)</b> | <b>Carb (g)</b> | <b>Fat (g)</b> | <b>Calories</b> |
| 2 scoops dotFIT FirstString  | 21             | 45              | 3              | 285             |
| 1 cup (8 oz) Whole Milk  | 8              | 13              | 8              | 147             |
| <b>Total:</b>  | <b>29</b>      | <b>56</b>       | <b>12</b>      | <b>432</b>      |
| <b>Percent of Calories:</b>  | <b>27%</b>     | <b>52%</b>      | <b>25%</b>     |                 |
| <b>Meal 5 – Post-training Meal</b> (Eat this meal within 1.5-hours after workouts.)  | <b>Pro (g)</b> | <b>Carb (g)</b> | <b>Fat (g)</b> | <b>Calories</b> |
| 1 Foot long Turkey Sandwich  | 37             | 92              | 9              | 577             |
| 1 cup (8 oz) Whole Milk  | 8              | 13              | 8              | 147             |
| <b>Total:</b>  | <b>45</b>      | <b>105</b>      | <b>17</b>      | <b>724</b>      |
| <b>Percent of Calories:</b>  | <b>25%</b>     | <b>58%</b>      | <b>21%</b>     |                 |
| <b>Meal 6 – Starch/Grain with Meat, Veggies &amp; Fruit</b> (Eat this typical dinner within 3-4 hours of previous meal.)   | <b>Pro (g)</b> | <b>Carb (g)</b> | <b>Fat (g)</b> | <b>Calories</b> |
| 6 ounces New York Steak, Lean, Broiled   | 50             | -               | 9              | 293             |
| 1 large (10.5 Oz) Baked Potato   | 8              | 63              | 0.4            | 278             |
| 1 tbsp Light Sour Cream  | 1              | 1               | 1              | 15              |
| 1 cup Green Beans, Boiled, Drained   | 2              | 10              | 0.4            | 44              |
| 1 cup Fresh sliced Strawberries  | 1              | 13              | 0.5            | 53              |
| <b>Total</b>   | <b>62</b>      | <b>87</b>       | <b>11</b>      | <b>683</b>      |
| <b>Percent of Calories</b>   | <b>36%</b>     | <b>51%</b>      | <b>14%</b>     |                 |
| <b>Meal 7 – Late Snack</b> (Eat any time before bedtime)   | <b>Pro (g)</b> | <b>Carb (g)</b> | <b>Fat (g)</b> | <b>Calories</b> |
| 1 cup Whole Milk   | 8              | 13              | 8              | 147             |
| 1 tbsp Skippy Peanut Butter  | 4              | 4               | 9              | 95              |
| 2 scoops dotFIT FirstString  | 21             | 43              | 4              | 285             |
| <b>Total</b>   | <b>32</b>      | <b>59</b>       | <b>20</b>      | <b>527</b>      |
| <b>Percent of Calories</b>   | <b>24%</b>     | <b>45%</b>      | <b>34%</b>     |                 |
| <b>Menu Totals:</b>  | <b>244</b>     | <b>583</b>      | <b>98</b>      | <b>4011</b>     |
| <b>Percentage of Total Calories:</b>   | <b>24%</b>     | <b>58%</b>      | <b>20%</b>     |                 |