

## Sample Sensible Eating Plans for Active College Woman

*Healthy, active college women need approximately 1600-2400 calories/day. Your individual needs may be higher or lower depending on your resting metabolic rate and level of physical activity. The plans below represent about 2000 calories, 60% from high quality carbohydrate, 20% from lean protein, and 20% from mostly unsaturated fat (4-6 Veggies, 4 Fruit, 9 Grains, 3 Milk, 2 Protein, and 5 Fat).*

	<b>At Home</b>	<b>In the Dining Halls</b>	<b>On the Go</b>
<b>Breakfast</b>	Large bagel- 4 oz. with Peanut butter- 2 Tbsp. Fat free milk- 8 oz.  (4 Gr, 4 Fat, 1 M)	Cheerios- 1 ½ c. Fat free milk- 1 c. Scrambled eggs- 2 Orange juice- 8 oz. (2 Gr, 1 M, 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- 2 sl. 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 cheese, no sour cream) Water (3 G, 1 P, 1 V, 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 sl. 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 Water  (1 M)	Frosted shredded wheat- 1 c. Fat free milk- 8 oz. (2 Gr, 1 M)

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

## 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 resting metabolic rate and level of physical activity. The plans below represent about 2800 calories, 60% from high quality carbohydrate, 20% from lean protein, and 20% from mostly unsaturated fat (4-6 Veggies, 5 Fruit, 13 Grains, 3 Protein, 4 Milk, and 8 Fat).*

	At Home	In the Dining Halls	On the Go
<b>Breakfast</b>	Large bagel- 4 oz. with Peanut butter- 2 Tbsp. Fat free milk- 8 oz.  (4 Gr, 4 Fat, 1 M)	Cheerios- 1 ½ c. Fat free milk- 1 c. Scrambled eggs- 2 Orange juice- 12 oz. (2 Gr, 1 M, 1 Pro, 2 Fat, 3 F)	Large banana MetRx Bar Water  (2 F, 1 M, 1 Gr, 1 P, 1 Fat)
<b>Snack</b>	Large banana Water (2 F)	Granola bar Water (2 Gr)	--
<b>Lunch</b>	Turkey breast- 3 oz. Whole wheat bread- 2 sl. 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 slices Lettuce, tomato, mustard Large apple Water  (1 Pro, 2 Gr, 1 V, 2 F)	Baja Fresh black bean and grilled veggie burrito (no cheese, no sour cream) Tortilla chips- 1 oz. Water  (4 G, 1 P, 1 V, 3 Fat)
<b>Snack</b>	Fruit yogurt Water (1 M)	Pretzels- 2 oz. Water (2 Gr)	Granola bar Water (2 Gr)
<b>Dinner</b>	Brown rice-2 c. Chicken breast- 6 oz. 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 sl. 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 Veg)	Grilled chicken breast sandwich (on bun) Lettuce, tomato, mustard Salad (2 cups lettuce + 2 Tbsp. Dressing) Fruit juice- 12 oz.  (2 Gr, 1 Pro, 3 V, 3 Fat, 3 F)
<b>Snack</b>	Frozen bean and cheese burrito- 5 oz. Fruit juice- 12 oz.  (3 F, 1 Gr, 1 M, 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- 16 oz.  (4 Gr, 2 M)

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