



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

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

Below is a sample **Performance & Muscle Building Menu and eating instructions** for an approximate 150 LBS growing and active youth athlete (get complete sets of personalized plans from the dotFIT Fitness Program—coming soon).

#### ***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.

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Table 1: Sample Performance Diet Plan for Growing, Active Youth (approximately 150 lbs.)

Performance Menu – 3600 Calories				
<b>Meal 1 – Morning Snack</b> <b>Eat this meal as soon as you wake up.</b>	Pro (g)	Carb (g)	Fat (g)	Calories
1 dotFIT™ Breakfast Bar	15	29	5	220
1 cup (8 oz) Orange Juice	2	26	-	110
<b>Total:</b>	<b>17</b>	<b>55</b>	<b>5</b>	<b>330</b>
<b>Percent of Calories:</b>	<b>20%</b>	<b>66%</b>	<b>14%</b>	
<b>Meal 2 – Pre Training Meal</b> <b>Eat this meal 2 ½ to 3 hours before workouts or competition.</b>	Pro (g)	Carb (g)	Fat (g)	Calories
1 (3.7 oz) Honey Whole Wheat Bagel	11	64	1	300
2 tbsp Smooth Peanut Butter	8	6	16	188
1 medium Banana	1	27	0.4	105
1.5 cup (12 oz) Skim Milk	13	19	0.9	136
1 each dotFIT ActiveMV™ Multivitamin	-	-	-	-
<b>Total:</b>	<b>33</b>	<b>116</b>	<b>18</b>	<b>729</b>
<b>Percent of Calories:</b>	<b>18%</b>	<b>61%</b>	<b>21%</b>	
<b>Meal 3 – Pre Training Snack (dotFIT FirstString, Any Recipe)</b> <b>Eat this snack 10 to 40 minutes before workouts to maximize energy stores.</b>	Pro (g)	Carb (g)	Fat (g)	Calories
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>23%</b>	<b>69%</b>	<b>8%</b>	
<b>Meal 4 – Post Training Snack (dotFIT FirstString, Any Recipe)</b> <b>Eat or drink this snack immediately after workouts to refill energy stores and enhance recovery.</b>	Pro (g)	Carb (g)	Fat (g)	Calories
2 scoops dotFIT FirstString	21	45	3	285
1.5 (12 oz) Skim Milk	13	19	0.9	136
<b>Total:</b>	<b>34</b>	<b>64</b>	<b>4</b>	<b>421</b>
<b>Percent of Calories:</b>	<b>32%</b>	<b>60%</b>	<b>8%</b>	
<b>Meal 5 – Post-training Meal</b> <b>Eat this meal within 1.5-hours after workouts</b>	Pro (g)	Carb (g)	Fat (g)	Calories
1 Subway Footlong Turkey Sandwich	37	92	9	560
1 bottle (20 oz) Gatorade	-	35	-	130
	-	-	-	-
<b>Total:</b>	<b>37</b>	<b>127</b>	<b>9</b>	<b>683</b>
<b>Percent of Calories:</b>	<b>24%</b>	<b>62%</b>	<b>14%</b>	
<b>Meal 6 – Starch/Grain with Meat, Veggies &amp; Fruit</b> <b>Eat this typical dinner within 3-4 hours of previous meal</b>	Pro (g)	Carb (g)	Fat (g)	Calories
6 ounces New York Steak, Lean, Broiled	50	-	11	310
1 large (10.5 Oz) Baked Potato	8	64	0.4	290
1 tbsp Whipped Butter	-	-	8	67
2 tbsp Light Sour Cream	1	2	3	38
1 cup Green Beans, Boiled, Drained	2	10	0.4	44
1 cup Diced Melon	1	13	0.3	53
	-	-	-	-
<b>Total</b>	<b>62</b>	<b>89</b>	<b>23</b>	<b>802</b>
<b>Percent of Calories</b>	<b>30%</b>	<b>44%</b>	<b>26%</b>	
<b>Meal 7 – Late Snack</b> <b>Eat any time before bedtime</b>	Pro (g)	Carb (g)	Fat (g)	Calories
1 cup Low Fat Frozen Yogurt	8	46	6	280
<b>Total</b>	<b>8</b>	<b>46</b>	<b>6</b>	<b>280</b>
<b>Percent of Calories</b>	<b>14%</b>	<b>83%</b>	<b>3%</b>	
<b>Menu Totals:</b>	<b>213</b>	<b>556</b>	<b>68</b>	<b>3600</b>
<b>Percentage of Total Calories:</b>	<b>23%</b>	<b>60%</b>	<b>17%</b>	
<b>Other Nutrients:</b>	<b>7% Saturated Fat</b>	<b>334 mg Cholesterol</b>	<b>31 g Fiber</b>	