

	Day 1	Day 2	Day 3
<b>Breakfast</b>	~2 cups of sweetened cereal (Ex: Cinnamon Toast Crunch, Reese's Puffs, Cocoa Rice Krispies, Fruity Pebbles, Cookie Crisp, etc.)  1 cup of whole or 2% milk  8 oz of Protein Naked Juice  Calories: ~700	2-3 egg omelet with ½ cup of shredded cheese and desired veggies  2-3 slices of Turkey bacon  2 slices of toast with 1 Tbsp butter  8 oz of orange juice  Calories: ~900	Egg, cheese, and turkey bacon bagel (2 eggs, 1 slice of cheese, 2-3 slices of bacon, ½ Tbsp butter)  1 cup of fresh fruit  1 cup of chocolate milk  Calories: ~950
<b>AM Snack</b>	2 Poptarts + 1 cup of chocolate milk  Calories: ~550 – 600	Banana with 2 Tbsp peanut butter & 2 Tbsp chocolate chips  Calories: ~500	Clif Bar 1 cup of 2% or whole milk  Calories: ~400
<b>Lunch</b>	2 cups of Kraft Mac & Cheese (prepare per box)  ½ cup of Broccoli cooked in oil or butter  8 oz of Juice  Calories: ~800-900	Frozen Pizza (1/2 to 2/3 of pizza)  12 oz of Regular Soda  Calories: ~750 - 850	Peanut butter and jelly sandwich (3 Tbsp peanut butter, 2-3 Tbsp of jelly)  ½ cup of carrots and 1-2 Tbsp of Ranch Dressing  2-3 Milano cookies  8 oz of Juice  Calories: ~950
<b>PM Snack</b>	1 Individual whole fat yogurt container ½ cup of granola ½ cup of berries  Calories: ~400	Sabra hummus and pretzel cup 16 oz of Gatorade  Calories: ~450	1.5 cups of cereal with 1 cup of 2% or whole milk  Calories: ~300-400

<b>Dinner</b>	<p>Turkey Burger on Bun with Slice of Cheese</p> <p>1 cup of Baked French Fries</p> <p>8 oz of Milk or Juice OR 16 oz of Gatorade</p> <p>Calories: ~800 – 900</p>	<p>Chicken parmesan (Example Recipe: <a href="https://www.campbells.com/kitchen/recipes/quick-chicken-parmesan/">https://www.campbells.com/kitchen/recipes/quick-chicken-parmesan/</a>) – Add additional cheese if desired</p> <p>1-1.5 cups of pasta with marinara sauce</p> <p>Salad with shredded cheese and salad dressing</p> <p>8 oz of Milk or Juice</p> <p>Calories: ~750 – 900</p>	<p>Burrito (1 large tortilla, ½ cup of rice, 3-4 oz grilled chicken or ground beef, ¼ cup of shredded cheese, lettuce, tomatoes, 2 Tbsp sour cream)</p> <p>Salad with ¼ cup of beans, ¼ - ½ cup of crushed tortilla chips, shredded cheese, salad dressing</p> <p>8 oz of lemonade</p> <p>Calories: ~1,000</p>
<b>HS Snack</b>	<p>Nutella and Go Cup</p> <p>8 oz of whole or 2% Milk</p> <p>Calories: ~450</p>	<p>1 cup of Ben &amp; Jerry's Ice Cream</p> <p>Calories: ~400-600</p>	<p>1 cup of Goldfish</p> <p>16 oz of Gatorade</p> <p>Calories: ~300-400</p>
<b>Total Calories:</b>	<b>~3,700 – 4,000 kcal</b>	<b>~3,700 – 4,200</b>	<b>~3,900 – 4,100 kcal</b>

	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	3 slices of French Toast  1 cup of berries and/or sliced banana  ½ - 1 Tbsp butter  Syrup  8 oz of 2% or whole milk  Calories: ~900 – 1,000	1 cup of whole fat yogurt  1 cup of granola  ½ - 1 cup of berries  1 cup of chocolate whole milk  Calories: ~800 - 900	Breakfast Burrito: 2 eggs, ¼ cup shredded cheese, 1 large (burrito sized) flour tortilla, 2 slices turkey bacon, 1/2 cup of spinach, 1/2 cup of tomato  Apple with 1-2 Tbsp PB  8 oz of juice  Calories: ~850 - 950	2 Packets of Flavored Instant Oatmeal made with whole milk, 1 box of raisins, brown sugar  1 banana with 2 Tbsp peanut butter  1 cup of milk  Calories: ~1,000
<b>AM Snack</b>	Bagel with 2 Tbsp Cream Cheese  Calories: ~300 - 400	2 Slices of toast with 2 Tbsp of peanut butter  Calories: ~400	8-12 Nilla Wafers with 1-2 Tbsp of Nutella 8 oz of 2% or whole milk  Calories: ~400 - 600	Bobo bar 8 oz juice  Calories: ~500
<b>Lunch</b>	4-5 slices of salami  2 slices of cheese  16 crackers  1 cup grapes  8 oz of juice  Calories: ~850	Hot ham/turkey and cheese sandwich (2 slices bread, ½ Tbsp butter, 3-5 slices of ham/turkey, 2 slices of cheese)  1 bowl of chips  8 oz of juice  Calories: ~950	Bagel “Pizza” (Cut bagel in half and put on baking sheet, spread on pizza sauce, top with ½ cup of shredded mozzarella cheese and 2 slices of salami (one on each bagel half), bake at 375 F for ~10 minutes)  Carrots with 2 Tbsp Ranch  8 oz of Lemonade  Calories: ~850	3 Chicken Tenders  1 cup of Baked French Fries  1 Biscuit with Butter  8 oz of 2% or whole Milk  Calories: ~750
<b>PM Snack</b>	2 Poptarts 1 cup of 2% or whole milk  Calories: ~550	4 Chips Ahoy Cookies 1 cup of 2% or whole milk  Calories: ~300 - 350	Belvita Breakfast Biscuits 1 cup of chocolate milk  Calories: ~350 - 400	Cookie Ice Cream Sandwich  Calories: ~300

<b>Dinner</b>	3-5 oz Salmon  1 cup of mashed potatoes made with butter and whole milk  ½ - 1 cup of Green beans made with oil or butter  1 dinner roll or biscuit with butter  8 oz juice  Calories: ~800	Grilled chicken quesadilla (2 tortillas, ½ - ¾ cup of cheese, ~3-4 oz of grilled chicken (try pre-cooked grilled chicken strips – Purdue short cuts are a good option))  2 Tbsp sour cream and/or 2 Tbsp Guacamole  Fruit/Vegetable  8 oz of lemonade  Calories: 800 - 900	Loaded Baked Potato - 1 Large baked potato - ½ Tbsp butter - 2 Tbsp sour cream - ¼ cup shredded cheese - ¼ cup bacon bits (option) - ½ cup cooked broccoli (option)  ½ to 1 cup of Turkey Chili (Example recipe: <a href="https://cooking.nytimes.com/recipes/7985-turkey-chili">https://cooking.nytimes.com/recipes/7985-turkey-chili</a> )  8 oz of 2% or whole milk  Calories: ~900 – 1,200	Chicken Fried Rice (3-4 oz chicken, 1 cup of fried rice)  ½ - 1 cup of Stir-fry vegetables sautéed in oil or butter  2 Pepperidge Farm Cookies  8 oz Lemonade  Calories: ~850
<b>HS Snack</b>	15 oz Protein Naked Juice Granola bar  Calories: ~500	Apple with 2 Tbsp Nutella 8 oz of 2% or whole milk  Calories: ~400	1.5 cups of cereal 1 cup of 2% or whole milk  Calories: ~300 – 400	8 oz of hot chocolate made with milk 2-3 Milano cookies  Calories: ~300-350
<b>Total Calories:</b>	<b>~3,900 – 4,100 kcal</b>	<b>~3,650 – 3,900 kcal</b>	<b>~3,650 – 4,400 kcal</b>	<b>~3,700 kcal</b>