



**ICON Performance Professional Sports, Fitness & Rehab
Consultants**

Phase I Athlete - Youth - Muscle Accrual Dietary Regimen: 200-225

| | | P | C | F | Cal |
|-------------------------|--|-----|-----|----|------|
| Meal 1: | 8 Jumbo whole eggs (scrambled) | 72 | 0 | 40 | 720 |
| 6:00 | 3 packet instant oatmeal | 0 | 66 | 0 | 330 |
| Breakfast | 16 oz skim milk | 16 | 24 | 0 | 180 |
| | 1 piece of fruit | 0 | 33 | 0 | 110 |
| | Animal Pak | 0 | 0 | 0 | 0 |
| Mid-Meal 2: | 1 Detour / Pure Protein Bar | 20 | 17 | 6 | 190 |
| 9:00 | 1 piece of fruit | 0 | 33 | 0 | 110 |
| Meal 3: | 2 Lean Meat Sandwich (turkey, roast beef, ham)-12 oz | 60 | 60 | 5 | 780 |
| 12:00 | Small bag of pretzels (1 oz / 48 pretzels) | 2 | 23 | 0 | 100 |
| Lunch | 32 oz water, tea, crystal light | 0 | 0 | 0 | 0 |
| (Pre-Workout) | | | | | |
| Meal 4: | | | | | |
| 4:00 | 1 Whey Protein (1XL) Powder Drink in water | 40 | 4 | 0 | 200 |
| | 1 Powerade / Gatorade | 0 | 33 | 0 | 180 |
| (During Workout) | | | | | |
| | 1 Powerade / Gatorade | 0 | 33 | 0 | 180 |
| (Post-Workout) | | | | | |
| Meal 5: | 1 Whey Protein (2XL) Powder Drink in water | 80 | 8 | 0 | 400 |
| 5:30 | 1 Powerade / Gatorade | 0 | 33 | 0 | 180 |
| Meal 6: | 16 oz chicken / fish / red meat | 80 | 0 | 8 | 550 |
| 7:00 | 32 oz water, tea, crystal light | 0 | 0 | 0 | 0 |
| Dinner | 300 gram Baked Potato | 0 | 33 | 0 | 180 |
| | raw/steamed/frozen vegetables | 0 | 0 | 0 | 0 |
| | Animal Pak | 0 | 0 | 0 | 0 |
| Meal 7: | 1 Detour / Pure Protein Bar | 20 | 17 | 6 | 190 |
| 9:00 pm | 50 g Beef Jerky | 28 | 0 | 5 | 157 |
| Before Bed | | | | | |
| Total: | | 418 | 417 | 70 | 4557 |