



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

Phase I Athlete - Youth - Muscle Accrual Dietary Regimen: 225-250

		P	C	F	Cal
Meal 1:	10 Jumbo whole eggs (scrambled)	90	0	50	900
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
	50 g Beef Jerky	28	0	5	157
Meal 3:	2 Lean Meat Sandwich (turkey, roast beef, ham)-16 oz	80	60	7	900
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
<b>(Pre-Workout)</b>					
Meal 4:					
4:00	1 Whey Protein (1XL) Powder Drink in water	40	4	0	200
	1 Powerade / Gatorade	0	33	0	180
<b>(During Workout)</b>					
	1 Powerade / Gatorade	0	33	0	180
<b>(Post-Workout)</b>					
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:		484	417	82	5014