

College Athlete - Football		
	<b>Day 1</b>	<b>Day 2</b>
	<b>Monday</b>	<b>Tuesday</b>
<b>Breakfast</b>	Banana Tahini Toast 3 ser, Bacon 4 strip, Apple 2	rb Asiago Baked Eggs 3 ser Blueberries 2 cups Nonfat Greek Yogurt 2 cups
<b>Lunch</b>	anut Butter Protien Shake 3 ser. Peanut Butter Celery 2 ser Peanut butter and Carrots 1 ser	aked Salmon & Asparagus 3 ser Yogurt and Mango 2 ser Cheese slices 2 ser
<b>Dinner</b>	Poached Salmon 3 ser Green Bean 2 ser Rice 1 ser	squite Garlic Trout 2 ser Rice 2 ser Braised Endive 1 ser
<b>Snack</b>	icken Ceaser Wrap 2 Basic Protien Shake 2 cups	Deli Rolls w/ cream cheese & asparagus 1 ogurt and Strawberries 2 ser Rice Cakes w/ banana & Almond Buter 1 ser

1) With the resources available I didn't find it to difficult to find a standardize calorie requirement, however this doesn't take into consideration individuality.

2) Gluten restrictions were taken into consideration when determining menu.