

24-Hour Carb-Loading Sample Plan

Breakfast:

Food Name:	Quantity:	Description:	Calories:	Carbs:	Protein:	Fat:
Orange Juice -Concentrate	150 grams		58 kcal	13.2g	0.87g	0.15g
Banana	100 grams	1 Medium Size	86 kcal	20g	1.2g	0.1g
Jam - No Seeds	30 grams		79 kcal	19.7g	0.09g	0g
Bagel – White	180 grams	2 bagels	455 kcal	90g	18.2g	2.3g
Smooth Peanut Butter	20 grams		116 kcal	2.4g	6g	9.2g
Total:			793kcal	145g	26.3g	11.8g

Morning Snack:

Food Name:	Quantity:	Description:	Calories:	Carbs:	Protein:	Fat:
Milk – Semi Skimmed	155 grams		73 kcal	7g	5.4g	2.6g
Raisins	100 grams		87 kcal	20.8g	0.63g	0.12g
Orange Juice – Concentrate	30 grams		96 kcal	22g	1.5g	0.25g
Blueberries	180 grams		16.7 kcal	3.6g	0.36g	0.08g
Granola	20 grams		407 kcal	65g	12g	11g
Total:			680 kcal	118g	19.8g	14.1g

Lunch:

Food Name:	Quantity:	Description:	Calories:	Carbs:	Protein:	Fat:
Tortilla - White	220 grams	3 Large Wraps	657 kcal	19g	19g	20.6g
Salmon - Smoked	56 grams		103 kcal	12.8g	12.8g	5.7g
Low Fat Cream Cheese	30 grams		29.8 kcal	3.6g	3.6g	1.1g
Cucumber	50 grams		7.1 kcal	0.5g	0.5g	0.3g
Total:			797 kcal	35.8g	35.8g	27.6g

Dinner:

Food Name:	Quantity:	Description:	Calories:	Carbs:	Protein:	Fat:
Pasta – White (Dry Weight)	90 grams		305 kcal	61g	10.7g	1.8g
Cod Fillets – Breaded/Baked	120 grams		241 kcal	12g	16.6g	14g
Tomato Based Pasta Sauce	80 grams		35.9 kcal	5.4g	1.2g	1g
Broccoli - Boiled	50 grams		14.3 kcal	1.4g	1.7g	0.25g
Total:			595 kcal	80g	30.1g	17.1g

Evening Snack:

Food Name:	Quantity:	Description:	Calories:	Carbs:	Protein:	Fat:
Low Fat Rice Pudding – 400g	400 grams		347 kcal	68g	11.2g	3.2g
Banana	100 grams	1 Medium	86 kcal	20g	1.2g	0.1g
Total:			433 kcal	88g	12.4g	3.3g

Snacks Throughout The Day:

Food Name:	Quantity:	Description:	Calories:	Carbs:	Protein:	Fat:
Fruit Gums/Jellies	75 grams		251 kcal	58g	4.9g	0g
Carbohydrate Drink – Race Nutrition	40 grams		146 kcal	36.4g	0g	0g
Hot Chocolate With Semi-Skimmed Milk	200 grams		149 kcal	20.8g	7.4g	4g
Total:			545 kcal	115g	12.3g	4g