

Assignment 3: Meal Planning

For this assignment, you will be designing a meal plan for two days. Your meal plan will include meals, snacks, and hydration. On one of the two days, you will need to account for the fact that you will be involved in multiple physical activities, while the other day will be one with no physical activity at all.

Before you begin this assignment, make sure that you have completed the research and review necessary to plan meals appropriate to your sport and level of activity. You will be completing one day at a time.

1. Click on the link provided on the assignment page to go to the meal planning app.
2. Enter your demographic information: name, gender, and weight in pounds.
3. Select your baseline daily activity level.
4. Calculate the Amount of Calories burned in **purposeful activity**
 - Click on the + at the top right of the chart to add an activity to the chart
 - Click on the box under the heading Activity & CPH (Calories Per Hour). A list of activities will open up. Select an activity. If you can't find your activity, you can type in the activity you will do and also type in the
 - Enter the time in hours that you completed the activity. The program will automatically calculate the number of calories burned.
 - Do this for each of your activities for the day
5. Enter the description of your day. Include details on your activities and the time of day. Keep in mind that one of your days will include multiple activities and the other day will include no physical activity.

Exemplar 1:

Today I am going to get up early and go for a run from 6am-6:45am. I have school from 8:30am until 3:30pm, and then I have a basketball game at 4pm. After the game, my teammates and I are going to go to Boston Pizza for supper.

Exemplar 2:

Today I am babysitting my little brother from 9am-3pm. After that I'm going to work on my chemistry homework, and after supper, my friend is coming over to watch a movie.

6. Enter the percentage of macronutrients for the day. Your percentages need to add up to 100%. The warning will disappear after you click out of the last box when you have done this correctly.

Exemplar 1: Activity day:

15% Protein, 15% Fat, 70% Carbs

Exemplar 2: Non Activity Day

25% Protein, 30% Fat, 45% Carbs

7. Log your meals for the day.
 - Click on the + at the top right of the chart to add a meal.
 - Click on the box under the heading Meal. A list of meals will open up. Select the appropriate meal.
 - Select the time of your meal under the Time heading.
 - Enter the **type of food** and the **quantity**.
Example: 1/2 cup of baby carrots
6 oz steak
 - Enter the calories, proteins, carbs, and fats in the appropriate boxes
 - You will need to alter foods, adjust serving sizes to have proper nutrient balance as described in Step 8.

Tips:

- Altering a protein can affect the fat percentage up or down (Ham vs. Turkey sandwich).
- Choosing different drinks with higher or lower sugar content can add/ reduce carbohydrates.
- Selecting whole grains can add some protein without raising carbohydrate numbers
- Serving sizes:

Different fruits and veggies contain much different levels of carbs/protein/fat

8. Balancing your calories and macronutrients.

At the bottom of the page, you will see your day totals, your daily goals, and your remaining calories and macronutrients for the day. Being within your goal can be above or below your goal. *Your Daily Goal* boxes for each will turn green when you are within your goal, will be yellow when you are close, and will be red when you are well outside of the goals.

Are your calories within 100 calories of your daily goal? Yes _____ No _____

Are your proteins, carbs, and fats within 10g of your daily goal? Yes _____ No _____

If you selected No for either of the above, please make adjustments to your meal plan so that you are within 100 calories and 10g of your daily goal for the day.

For your assignment to receive full marks, all 'Your Daily Goal' boxes should be green. One or two yellow boxes is acceptable. **Assignments with any of the boxes red, will be returned unmarked.**

9. Click on Download Page, and save the PDF to your desktop.

10. Complete Day 2 of your meal planning

Submit both PDFs into the online submission area for Assignment 3.