QUESTIONNAIRE CONFIRMATION

These are the answers used to build your personalized food plan.

1. What is your full name?	**Sample Athlete**
2. What is your gender?	**male**
3. What is your email address?	**athlete@example.com**
4. Who do we thank?	**—**
5. What is a typical day like for you?	**Sitting**
6. How busy or stressful is your daily routine?	**Comfortable**
7. What is your birthdate?	**—**
8. How many hours a week do you spend lifting?	**4**
9. Outside of lifting, how many hours a week are you pushing hard?	**4**
10. How many hours a week are you just cruising?	**0**
11. What is your height?	**6'2"**
12. What is your weight?	**190 lbs**
13. What is your body fat percentage?	**16%**
14. How do you know?	**Calipers**
15. Desired body weight	**200 lb**
16. Desired body fat	**10%**
17. Approved	*Sample Athlete* — 11 / 16 / 2026

DAILY SERVINGS

Your daily servings and how to use them.

	Daily	Breakfast	Fruit	Lunch	Fruit	Dinner	Fruit
Protein & Dairy	**11**	3.66		3.66		3.66	
Grain & Starch	**17**	5.66		5.66		5.66	
Veggies	**1**	can be eaten any time of day.					
Fruit	**5**		1.66		1.66		1.66
	25						

GETTING STARTED

- Eat all the servings recommended.
- Alternate meals with fruit snacks.
- Eat every three hours or sooner.
- Follow your food list and portions. Ask Kory about extras or substitutions.

Helpful Tips

Plan Ahead
Plan meals and fruit snacks around school and practice. Pack what you need so you can eat every three hours or sooner.

Beverages
Keep water available during your school day and training. Ask Kory about drinks and how they fit your plan.

NOTE: Always consult your physician before starting this plan or making any change in your eating habits.

FOOD LIST

The amount beside each food is your personalized serving size.

Protein & Dairy

- Chicken breast **95g**
- Cod **128g**
- Cottage cheese, 1% **268g**
- Cottage cheese, 2% **268g**
- Cottage cheese, nonfat **286g**
- Eggs ..... **4 whole eggs (yolks optional) / 4 egg whites**
- Eye of round **99g**
- Greek yogurt, lowfat **293g**
- Lean ground beef (ground round) **99g**
- Plain Greek yogurt, nonfat **286g**
- Ricotta, nonfat **257g**
- Shrimp **121g**
- Sirloin steak **99g**
- Tilapia **114g**
- Tuna (canned) **125g**
- Turkey breast **103g**
- Yogurt, plain, nonfat **513g**

Grain & Starch

- Bagel **159g**
- Beans (any on list) **334g**
- Cheerios **108g**
- Corn grits **102g**
- Corn, sweet **368g**
- Cream of Wheat (dry) **102g**
- English muffin **181g**
- Farina (dry) **102g**
- French bread **153g**
- Hard roll **153g**
- Mixed peas and carrots **793g**
- Multigrain bread **181g**
- Oatmeal (dry) **119g**
- Pasta (cooked) **317g**
- Pasta, whole wheat (cooked) **300g**
- Peas, green **510g**
- Peas, split **385g**
- Pita (pocket) **142g**
- Popcorn (air popped) **102g**
- Potato, baked (with skin) **374g**
- Potato, boiled **397g**
- Quinoa (cooked) **374g**
- Rice, brown (cooked) **340g**
- Rice, white (cooked) **283g**
- Rye bread **164g**
- Sweet potato **385g**
- Tortilla, corn (6-inch) **176g**
- Tortilla, whole wheat **176g**
- Whole wheat bread **193g**
- Whole wheat roll **153g**

FOOD LIST

Veggies

Asparagus (cooked) **256g**
Asparagus (whole, fresh) **256g**
Bell peppers, orange (cooked) **149g**
Bell peppers, orange (whole, fresh) **167g**
Bell peppers, red (cooked) **149g**
Bell peppers, red (whole, fresh) **167g**
Bell peppers, yellow (cooked) **149g**
Bell peppers, yellow (whole, fresh) **167g**
Broccoli (cooked) **139g**
Broccoli (whole, fresh) **152g**
Carrots (cooked) **122g**
Carrots (whole, fresh) **104g**
Cauliflower (cooked) **244g**
Cauliflower (whole, fresh) **200g**
Cucumbers (whole, fresh) **278g**
Green beans (cooked) **143g**
Green beans (whole, fresh) **143g**
Mushrooms, white (cooked) **189g**
Mushrooms, white (whole, fresh) **303g**
Spinach (cooked) **263g**
Spinach (whole, fresh) **278g**
Squash, summer (yellow) (whole, fresh) **294g**
Squash, winter (hubbard) (whole, fresh) **115g**
Squash, zucchini (whole, fresh) **323g**
Tomatoes (cooked) **250g**
Tomatoes (whole, fresh) **256g**

Fruit

Apples (whole, fresh) **217g**
Bananas (whole, fresh) **132g**
Blueberries (whole, fresh) **207g**
Cantaloupe (whole, fresh) **367g**
Clementines (whole, fresh) **250g**
Dried plums (pitted prunes) **47g**
Grapes (whole, fresh) **165g**
Pineapple (whole, fresh) **228g**
Strawberries (whole, fresh) **390g**
Tangerines (whole, fresh) **225g**
Watermelon (whole, fresh) **395g**

MENU PLAN

Adjust these times around school and training. Eat every three hours or sooner.

7:00 AM PM

BREAKFAST

Protein & Dairy Eggs — Serving size 4 whole eggs (yolks optional) / 4 egg whites

Grain & Starch Oatmeal (dry) — Serving size 119g

10:00 AM PM

FRUIT

Fruit Apples (whole, fresh) — Serving size 217g

1:00 AM PM

LUNCH

Protein & Dairy Chicken breast — Serving size 95g

Grain & Starch Rice, white (cooked) — Serving size 283g

4:00 AM PM

FRUIT

Fruit Apples (whole, fresh) — Serving size 217g

7:00 AM PM

DINNER

Protein & Dairy Sirloin steak — Serving size 99g

Grain & Starch Sweet potato — Serving size 385g

Veggies Broccoli (cooked) — Serving size 139g

10:00 AM PM

FRUIT

Fruit Apples (whole, fresh) — Serving size 217g

BUILD YOUR OWN DAY

Download a blank Menu Plan at **thehardkordiet.com/menuplanworksheet**

WHAT'S POSSIBLE

[Opening message]

CURRENT

WEIGHT	LEAN	FAT	FAT %
190 lb	159.6 lb	30.4 lb	16%

[Current explanation]

YOUR DESIRED GOAL

WEIGHT	LEAN	FAT	FAT %
200 lb	180 lb	20 lb	10%

Change from current: Gain 10 lb | Possible fat to lose: 16.4 lb at 7%

[Your desired goal explanation]

MINIMUM PLAYING WEIGHT

WEIGHT	LEAN	FAT	FAT %
171.6 lb	159.6 lb	12 lb	7%

[Minimum playing weight explanation]

This example uses the high school wrestling benchmarks of 7% body fat for boys and 12% for girls. Check your local, state, or conference rules.