



Basic Nutritional Meal Plan

Goals:

- Gain ½ lb per week, which roughly estimates to 25 lbs per year
- Maximize this weight gain through positive eating & workout habits
 - If you want to learn more about training regime's, go to the training tab of our website!

How Do We Do It?

- In order to gain weight, we need to focus on having a nutrient dense, balanced diet that will support muscle growth, training demands, and physical development. **1 lb of weight = 3500 calories**
- In order to gain a ½ lb per week, we'll have to maintain a caloric surplus around ~500 calories per day. This means we are eating more than what we are burning! Trust us, it's hard for a young boy to do this.
- **Ideally, we eat 6 meals a day, or every 2.5 hours:**
 - Why? Well TJ Watt (Pittsburgh Steelers All Pro Defensive End) eats [8000 Calories PER DAY](#)
 - *Now, we're not saying a 12-year-old boy needs to eat as much as TJ Watt, but this puts in perspective the amount that athletes need to consume in order to gain weight.*
 - Fine, we'll give you one more example. Joe Thomas (former Cleveland Browns All Pro Tackle) talked about [his eating habits](#):
 - *"If I went two hours without eating, I literally would have cut your arm off and started eating it," the former offensive lineman said. "I felt if I missed a meal after two hours, I was going to lose weight, and I was going to get in trouble. That was the mindset I had. We got weighed in on Mondays, and if I lost 5 pounds, my coach was going to give me hell."*



- “But Coach, these aren’t QB Diets, these are Offense and Defensive Lineman!” Yes, you’re right. In today’s day and age of QB play, we are forced to be ATHLETES. So we’re going to train like one. Pocket Passers are nearly extinct, with every elite level QB having the ability to move when needed.
 - Just for fun, here’s Russell Wilson’s Meal Plan back in 2021 when he was a Pro Bowler: [Seattle Seahawks QB Russell Wilson trying 4,800-calorie diet - ESPN - Seattle Seahawks Blog- ESPN](#)
 - YES – That article caption says DIET. He was trying to lose weight by eating 4800 calories a day.

HAVE YOU FOUND THIS VALUABLE? THIS IS OUR FREE CONTENT. IMAGINE THE INFORMATION WE’RE PROVIDING TO OUR MEMBERSHIP QBs. WEEKLY WEIGHT TRACKING, PERSONALIZED NUTRITION PLANS, AND DISCOUNTED PROTEIN CODES. AND THAT’S JUST FOR NUTRITION! INTERESTED IN JOINING? CLICK HERE.

What Should My Son Eat? (Ages 11-15)

- Ideally, we’re aiming for 3K (ages 11/12) – 4K (ages 14/15) calories a day depending on how active your son is. We want our QBs to be around 13% body fat.
 - Patrick Mahomes, for reference, [tries to be at 14% body fat during the season](#) in order to protect himself from hits, and to maximize his power
- Hydration: Atleast 64-80 oz of water daily, plus electrolytes during / after workouts. For reference, the average water bottle is 16oz of liquid, so we need to have 4+ of those per day.

Here’s a Sample 6-Meal Daily Plan (~2,800-3,000 kcal)

Meal 1: Breakfast (7:00 AM, ~600 kcal)

- Food: 3 large eggs (scrambled with 1 tbsp olive oil), 2 slices whole-grain toast, 1 medium avocado (150 g), 1 cup Greek yogurt (plain, full-fat) with 1 cup mixed berries, 1 tbsp honey.
 - Macros: ~30 g protein, 60 g carbs, 25 g fat.



- Purpose: Eggs and yogurt provide high-quality protein for muscle repair. Avocado and olive oil add healthy fats for hormonal health. Whole-grain toast and berries supply complex and simple carbs for morning energy.

Meal 2: Mid-Morning Snack (10:00 AM, ~400 kcal)

- Food: 1 whole-grain bagel (small), or 1 PB&J
 - Macros: ~15 g protein, 50 g carbs, 15 g fat.
- Purpose: Peanut butter offer protein and fats for sustained energy. Bagel provides quick-digesting carbs to fuel training or school activities.

Meal 3: Lunch (1:00 PM, ~700 kcal)

- Food: Chicken or turkey sandwich, 1 Banana with 2 tsp of Peanut Butter
- Purpose: Chicken provides lean protein for muscle growth. Banana provides ~27 g carbs for quick energy, plus potassium for muscle function and hydration

Meal 4: Pre-Training Snack (4:00 PM, ~400 kcal)

- Food: 1 large apple, 1 oz almonds / trail mix, 1 whole-grain granola bar.
- Purpose: Apple and granola bar provide carbs for immediate energy before training. Almonds add fats for sustained energy.

Meal 5: Post-Training Meal (7:30 PM, ~700 kcal) OPTION A

- Food: 6 oz baked salmon, 1.5 cups cooked quinoa, 1 cup roasted Brussels sprouts with 1 tbsp olive oil, 1 medium baked potato (200 g), 8 oz chocolate milk.
- Macros: ~40 g protein, 80 g carbs, 20 g fat.
- Purpose: Salmon provides protein and omega-3s for recovery and inflammation reduction. Quinoa and potato supply carbs to replenish glycogen post-training. Chocolate milk offers a mix of protein and carbs for quick recovery.

Meal 5: Post-Training Meal (7:30PM, ~700 kcal) OPTION B

- Food: 6 oz lean ground beef patty (93% lean), 1.5 cups cooked white rice, 1 cup steamed green beans, 1 medium sweet potato (200 g, baked or mashed), 8 oz chocolate milk
- Macros: ~42 g protein, 82 g carbs, 18 g fat
- Purpose:



- Ground beef patty: Provides high-quality protein (~36 g) and iron for muscle repair and oxygen transport, crucial for post-training recovery.
- White rice: Supplies easily digestible carbs to replenish glycogen stores after intense quarterback training.
- Green beans with olive oil: Adds fiber, micronutrients, and healthy fats for satiety and recovery.
- Sweet potato: Offers complex carbs and vitamin A for sustained energy and immune support.
- Chocolate milk: Delivers quick-digesting protein and carbs for immediate recovery, plus calcium for growing bones.

Meal 6: Evening Snack (9:00 PM, ~400 kcal)

- Food: 1 cup cottage cheese (full-fat), 1 cup pineapple chunks, 1 oz trail mix (nuts and dried fruit), 1 slice whole-grain bread with 1 tbsp almond butter.
- Drink: 2 Scoops of Muscle Mass Protein, paired with 1 scoop of Creatine (Creatine only for 8th grade and beyond)
- Macros: ~25 g protein, 45 g carbs, 15 g fat.
- Purpose: Cottage cheese provides slow-digesting casein protein for overnight muscle repair. Pineapple and bread offer carbs for glycogen restoration. Trail mix and almond butter add healthy fats for satiety.