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

A body composition test tells you more than how much body fat you have. It shows you where you're starting so you can set a goal. That's the first step toward reaching it.

CURRENT

FAT %	WEIGHT	LEAN (LB)	FAT (LB)
16%	190 lb	159.6 lb	30.4 lb

These numbers are your starting point for setting a goal. Depending on your sport, you may want a little more or less body fat. Think about ten extra pounds of fat like carrying a ten-pound dumbbell around 24 hours a day. That extra weight will affect your foot speed and endurance, and that can show up in the win-loss column.

YOUR DESIRED BODYWEIGHT GOAL (from the questionnaire)

FAT %	WEIGHT	LEAN (LB)	FAT (LB)
10%	200 lb	180 lb	20 lb

To reach your goal of 200 pounds at 10% body fat, you'd need to gain 20.4 pounds of lean body mass (LBM) and lose 10.4 pounds of body fat. How long it takes to reach your desired weight will depend on your training, your diet and your rest. The key to building muscle is learning the balance of these three ingredients.

BEST WEIGHT CLASS

FAT %	ESTIMATED MINIMUM WEIGHT	LEAN (LB)	FAT (LB)
7%	171.6 lb	159.6 lb	12 lb

If you compete in a weight class sport or competition, it can be helpful to know which weight class will best accommodate your leanest body fat percentage while preserving your muscle. Many athletes sacrifice muscle (strength and energy) trying to make a weight class. Maybe going up a weight class will allow you to maximize your potential.

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.