

# HOW TO MAKE YOUR OWN PERFORMANCE MEAL-PLAN?

By following the steps below you can estimate your personal needs and make a meals plan

Be aware, these are estimations, in practise I would sit down with a dancer and develop one that is made to measure!

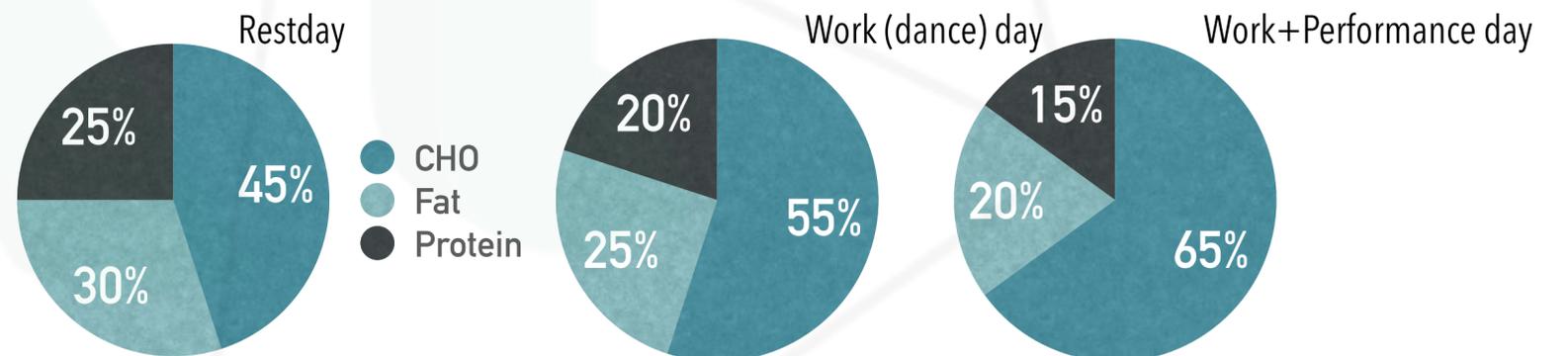


PAL levels	
Inactive	1,2
Sedentary	1,25-1,4
Moderately active	1,45-1,6
Vigorously active	1,65-1,9
Extremely active	1,95-2,4

Energy in Macro's	
CHO	4 kcal per gram
Protein	4 kcal per gram
Fat	9 kcal per gram
Alcohol	7 kcal per gram
Fibre	2 kcal per gram

- Write down your personal details: age (A in years), height (H in cm), weight (W in kg)
- Calculate your BMR (Basic Metabolic Rate). This is the amount of energy (in kcal) your body needs in rest for all life essential processes in the body. You can use this formula (Harris & Benedict revised):  
 Men:  $88,362 + (13,397 * W) + (4,799 * H) - (5,677 * A) = \text{BMR}$   
 Women:  $447,593 + (9,247 * W) + (3,098 * H) - (4,33 * A) = \text{BMR}$
- Estimate your PAL (Physical Activity Level). PAL is a way to express a person's daily physical activity as a number, and is used to estimate a person's total energy expenditure.
- Estimate your TEE (Total Energy Expenditure) by multiplying your BMR and PAL. For example my BMR is 1500. I have a day with 1 ballet class and 2x 45 min. easy rehearsing (PAL 1,5).  $1500 * 1,5 = 2250$  kcal. On a free day PAL is about 1,35. On a working day about 1,5-1,6. On a work + performance day about 1,7-1,8.

- Choose your macro distribution: the amount of CHO, Fat, Protein. For example for my 2250 kcal I'll choose work day:  
 $2250 / 100 = 22,5$   
 CHO needs :  $22,5 * 55 = 1238$  kcal (1238/4= 309 gram)  
 FAT needs :  $22,5 * 30 = 675$  kcal (675/9= 75 gram)  
 PROTEIN needs :  $22,5 * 25 = 562$  kcal (562/4= 140 gram)



- Transform kcal into grams and choose your food sources. To do this correctly you need to know that each macronutrient has a different energy content (see list above). As products can also contain two or even all three macro's it can be convenient to use an app such as MyFitnesspal or MijnEetmeter: keep a diary and see how you are doing! This all might sound difficult. In the beginning it might be, but once you are familiar with the proces you don't need to calculate, count etc. You know about food and their energy content and you learn what your body needs.
- Divide the amounts over your meal moments: breakfast - snack - lunch - snack - dinner - snack. For my work day:  
 Breakfast (easy to digest 2h before) - *ballet class* - CHO snack - *rehearsal* - lunch (CHO focussed easy to digets) - *rehearsal* - protein snack - dinner (all macro's lots of veggies = fibre) - protein snack

# EXAMPLE DANCER MEAL PLAN BUILD



(fictional data)  
Age: 24  
Weight: 55 kg  
Length: 165 cm

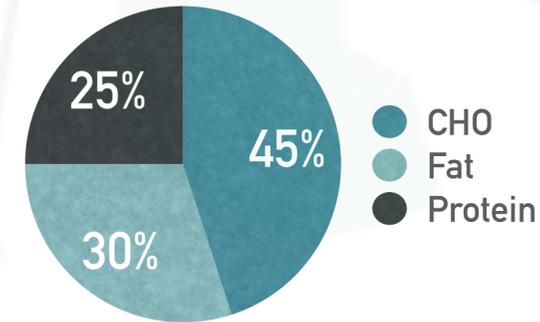
BMR: 1363

TEE:  $1363 \times 1,3 = 1772$  kcal

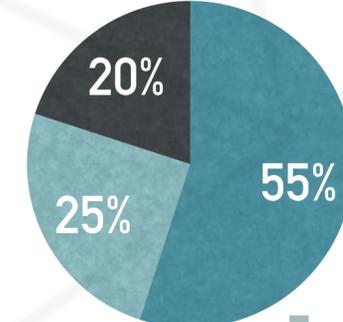
TEE:  $1363 \times 1,55 = 2113$  kcal

TEE:  $1363 \times 1,8 = 2453$  kcal

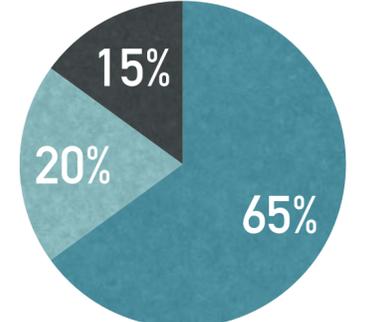
Restday



Work (dance) day



Work+Performance day



## Plan & prepare

- Waking up
- Breakfast
- Snack 1
- Lunch
- Snack 2 (snack 3)
- Diner
- Eye snack

	FD	WD
<b>CHO:</b>	200g	280g
<b>Fat:</b>	60g	60g
<b>Protein</b>	120g	110g
<b>Fiber</b>	40g	30-35g
<b>Water</b>	2,5L	3,5L

**Free day**  
Fiber rich  
High lean protein  
Healthy fats  
Low & complex CHO

**Work day**  
Fiber low  
Timed proteins  
Healthy fats  
High & mixed CHO