

**NAME:** Robbie Cowgill  
**POSITION:** Forward  
**AGE:** 20  
**HEIGHT:** 6'10"  
**TARGET WEIGHT:** 210 pounds  
**DAILY CALORIES REQUIRED  
TO MAINTAIN WEIGHT:**  
6,000–7,000

### TYPICAL DAY'S DIET

#### BREAKFAST:

Two or more biscuits with gravy, three scrambled eggs, three pieces of bacon, glass of milk, glass of water.

#### SCHOOL-DAY SNACKS:

Peanut butter crackers, cheese crackers, Ritz bits. They're at the ready in his backpack so he can eat during class.

#### LUNCH:

Meat ("steak is good"), two or three baked potatoes with sour cream, butter, and cheese.  
Milk. No dessert if he has afternoon practice.

#### EMERGENCY SNACK:

Tray of cinnamon rolls or a Tony's Frozen Pizza.

#### DINNER:

Chicken Parmesan, three corn dogs, two baked potatoes with the works, pea-and-corn medley, one piece of German chocolate cake.

#### POST-GAME MEAL:

Pizza. "A whole pizza."  
And two Gatorades.

#### LATE NIGHT SNACK:

Pudding and can of soup.

PHOTO BY ROBERT HUBNER

