

Athlete Nutrition

Training day nutrition

Water

1/2 body weight in oz. + 16 oz.
for every hour of practice
 $(80 \text{ lbs}/2) + (16 \text{ oz.} \times 4 \text{ hrs}) =$
104 oz. distributed throughout the day.

Breakfast

Protein (palm size)
Veggie (first size)
Fats (thumb size)

Lunch

Protein (palm size)
Veggie (first size)
Carb (cupped hand) **2 meals**
before practice/competition
Fats (thumb size)

Pre-training/competition meal

Protein (palm size)
Veggie (first size)
Carb (cupped hand) **2 meals**
before practice/competition
Fats (thumb size)

Post-training/competition meal

***Optimize in 45 (within 45 min**
after practice/competition)
Protein (palm size)
Veggie (first size)
Carb (cupped hand) **after**
practice/competition
Fats (thumb size)

Non training day nutrition

Water intake

1/2 body weight in oz.
distributed throughout the day.

Breakfast

Protein (palm size)
Veggie (first size)
Carbs (cupped hand) **first 2**
meals of the day
Fats (thumb size)

Lunch

Protein (palm size)
Veggie (first size)
Carbs (cupped hand) **first 2 meals of the day**
Fats (thumb size)

Dinner

Protein (palm size)
Veggie (first size)
Fats (thumb size)

2-3 snacks

Protein (palm size)
Veggie (first size)
Fats (thumb size)

Snacks during practice/competition

Fats (thumb size)
Carbs (cupped hand)
Ex: nuts & fruit, cheese & fruit

Rushed eating (no time for meal)

Protein (palm size)
Veggie (first size)
Fats (thumb size)
Ex: beef jerky, tuna, cheese, protein smoothie, guacamole dip

Late practice/competition before bed

Protein (palm size)
Veggie (first size)

Best breakfast foods

Eggs
Omelets
Quiche
Oatmeal with whey protein