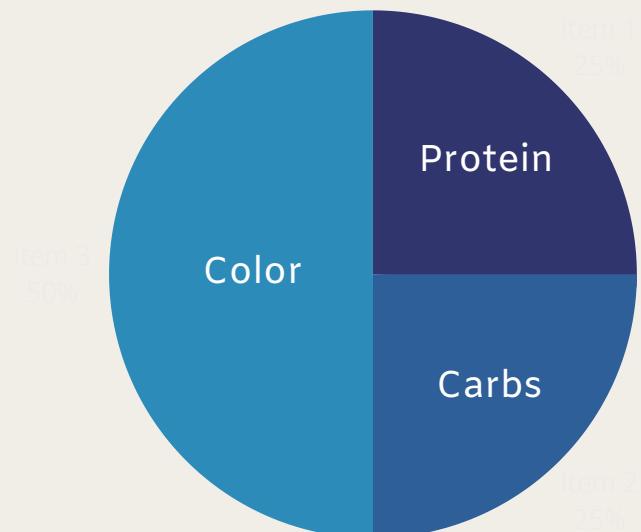


# Nutrition for Performance

Use these plates to help you build fueling meals



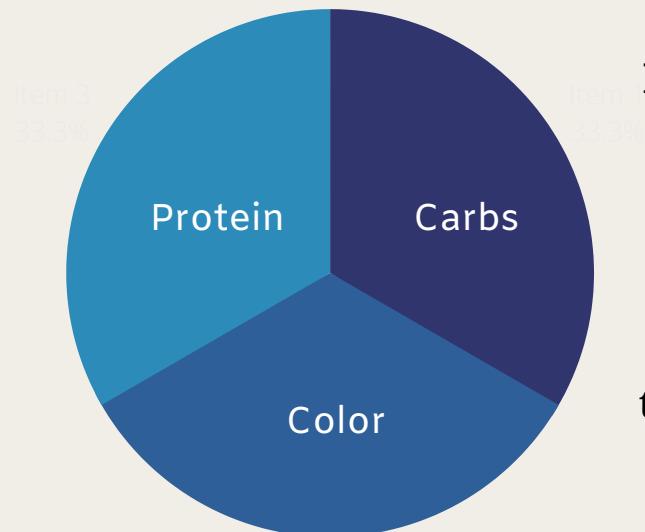
## Rest Day / Weight Loss

1/2 Color: Fruits & Veggies

1/4 Carbs: Oats, Potatoes, Rice, etc.

1/4 Protein: Meat, Fish, Tofu, etc.

This plate is ideal for days off training. The increased color helps with recovery with a proportional decrease in carbs related to less activity.



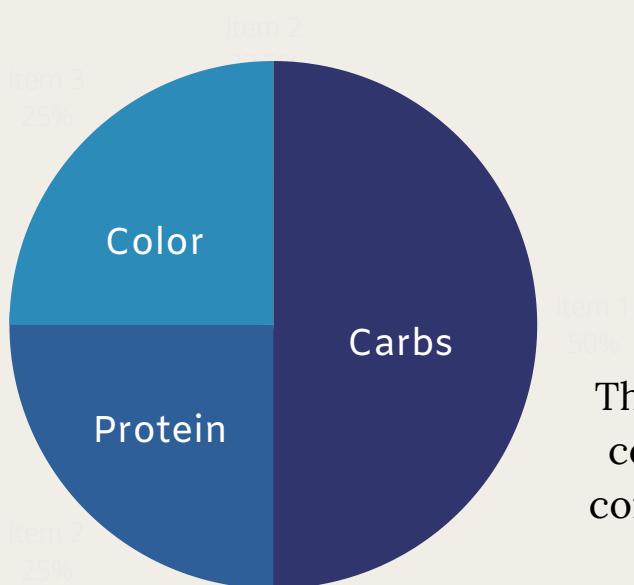
## Baseline Training / Weight Maintenance

1/3 Color: Fruits & Veggies

1/3 Carbs: Oats, Potatoes, Rice, etc.

1/3 Protein: Meat, Fish, Tofu, etc.

This is your training baseline plate. If you are training or weight lifting for 1+ hours, 3-6 days a week, this is your daily plate!



## Hard Intensity / Weight Gain

1/4 Color: Fruits & Veggies

1/2 Carbs: Oats, Potatoes, Rice, etc.

1/4 Protein: Meat, Fish, Tofu, etc.

This plate is best used for your meal before competition (either night before or day of competition). This plate should also be used for your meals on 2-a-day trainings.

\*These are general recommendations. For your individual portion sizes contact me: [foodfirstfueling@gmail.com](mailto:foodfirstfueling@gmail.com)

# Breakfast



## Benefits of Eating Breakfast:

- Boosts energy following fasting during sleep
- Improves energy stores for the entire day
- Helps with focus, cognitive function & academic performance
- Correlated with improved mood
- Promotes metabolic health & balances blood sugar levels

Aim to have a combination of:

Carbs + Proteins + Fats

This will help give you longer-lasting energy.

### Easy Breakfast Ideas

Protein Waffle + Nut Butter + Fruit

Breakfast Burrito

Greek Yogurt + Fruit + Nuts

Bagel + Eggs + Avocado

Muffin + Eggs

Cereal + High Protein Milk + Fruit

Oatmeal + Berries + Nut Butter

Smoothie made with Greek Yogurt

PB&J Sandwich + Chocolate Milk

Overnight Oats

### Non-Traditional

Turkey Sandwich

Cottage Cheese + Fruit

Cheese + Meat + Crackers

Leftovers

### Grab & Go For Busy Mornings

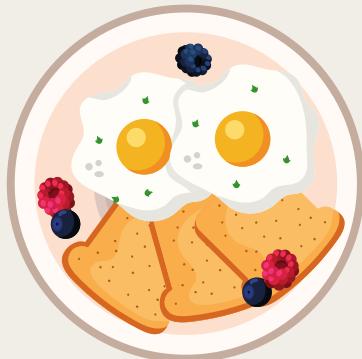
Chobani Complete Drink + Bagel

Perfect Bar + Fruit

Protein Shake + Fruit

Chocolate Milk + Granola Bar

Bagel + Hard Boiled Eggs



# Snacking Smart

As athletes you need consistent nutrient-dense meals and snacks to fuel your rapid growth and development. Having snacks throughout the day help keep you focused and energized.

When building a snack you want to combine 2 or more macronutrients. This helps keep you full for longer and provides more energy.

Ex: Carbohydrate + Protein ; Carbohydrate + Fat

Below are some sample snack ideas

## Non-Perishable Snacks

Jerky (Chomps)

Tuna/Chicken Packets

Pre-made Protein Shakes (Orgain)

Dry Roasted Edamame

Nut Butters

Nuts/Seeds

Bars: RX, Perfect, GoMacro, Rise, Larabar Protein

Dried Fruit: look for no sugar added

Fruit Cups: in 100% fruit juice

Applesauce Pouches

Pretzels

Graham Crackers, Animal Crackers

Whole Grain Crackers

Kodiak Oatmeal, Pancake, Muffin Cups

## Perishable Snacks

Hard Boiled Eggs

Greek Yogurt Cups

Greek Yogurt Drinks (Chobani Complete)

High Protein Milk (Fairlife Core Power)

Cheese Sticks (Sargento)

Deli Meat

Fresh Fruit: Bananas, Apples, Clementine, Berries, Grapes, etc.

Bread Products: Bagels, English Muffins,

Whole Grain Bread

## Smart Snacking Ideas

Apple + Nut Butter mixed with Greek Yogurt

Chobani Complete Drink + Banana

Nut + Fruit Trail Mix

Veggies + Hummus

Whole Grain PB&J Sandwich

Greek Yogurt + Fruit

Tuna + Crackers

Edamame + Fruit

Cheese Sticks + Crackers

Jerky + Fruit

Whole Grain Crackers + Guacamole

Frozen Protein Waffle + Nut Butter

Cheese Sticks + Pretzels

Smoothies (made with Yogurt)

Energy Bites

Granola Bars: RX, Larabar, GoMacro

Deli Meat Wraps

Popcorn + Jerky

Hard Boil Eggs + Applesauce

Homemade Muffins + Eggs

Cottage Cheese + Apple

Pre-Packaged Protein Packs (P3)

Homemade Energy Bites



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