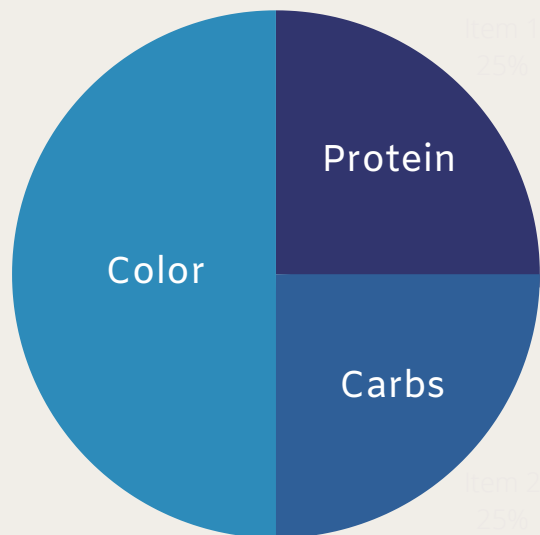


Nutrition for Performance

Use these plates to help you build fueling meals



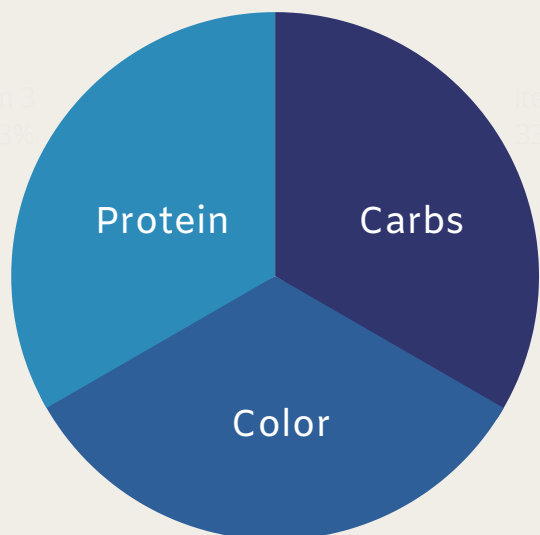
Rest Day / Weight Loss

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.



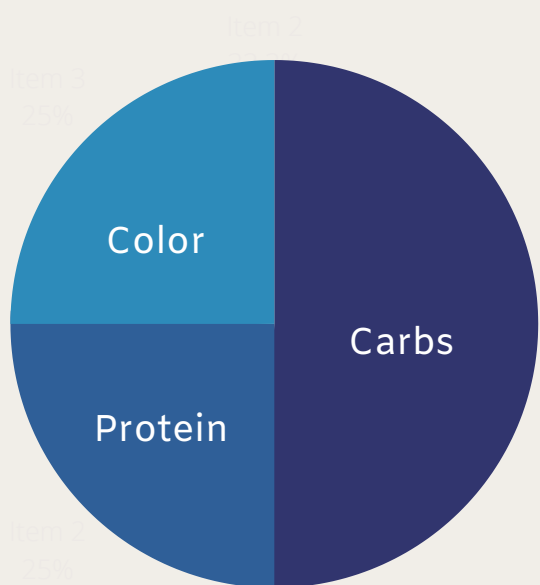
Baseline Training / Weight Maintenance

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

Ryanne Hill, MS, RD, ATC | www.foodfirstfueling.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

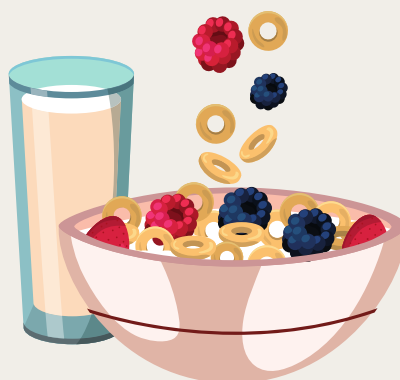
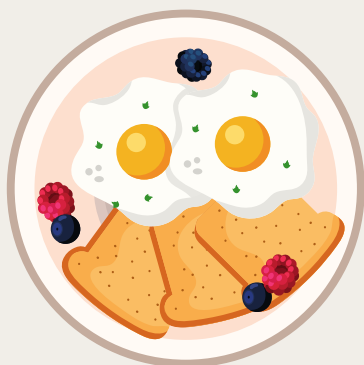
Chobani Complete Drink + Bagel

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

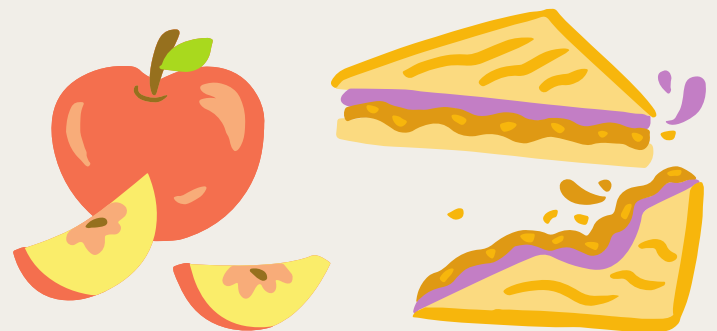
Hard Boil Eggs + Applesauce

Homemade Muffins + Eggs

Cottage Cheese + Apple

Pre-Packaged Protein Packs (P3)

Homemade Energy Bites



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