

NUTRITION GUIDELINE

1. EAT 6-7 TIMES A DAY

Why is eating 6-7 meals important?

- It will speed up your metabolism, helps you become leaner.
- It will build muscle faster.
- It will increase your energy for workouts.
- It will help you get all the nutrients you need for everyday.

MISTAKES....

- Skipping breakfast
- Lifting on an empty stomach will cause you to feel light headed and weak.
- Drinking too many protein shakes- the body will take whatever it needs, and the rest will be excreted or stored as fat.
- Eating fried foods- saturated fats = a non lean body.
- Not eating until you *feel* hungry- **eat every 3 hours.**
- Not timing your meals out after workouts. (30 min, 2 hours, etc.)
- Not staying properly hydrated. Carry around a gallon of water.

Understand that not everyone is the same when it comes to proper nutrition. Factors that affect the way your body reacts to the food you eat include age, activity level, sport type, genetics, and lifestyle.

Most football players should aim for 3500 calories a day. Athletes wanting to gain weight should consume 500 additional calories a day. Once again, everyone is different. One football player may need to consume more calories than another because of the way their body breaks down food.

2. EAT ENOUGH CARBOHYDRATES

Carbohydrates are the most important ingredient in an athlete's diet. Carbohydrates supply the energy you need for workouts, nerve transmissions, and muscular contractions. There are two types of carbohydrates: low glycemic and high glycemic. Consume most of your carbs during breakfast or during lunch.

(Try to stay away from carbohydrates after 8 pm-by this time your body is ready for bed)

Low Glycemic Carbs:

- Provide the body with a long-lasting source of energy
- Good for pre work out meals

High Glycemic Carbs:

- Absorbed into the blood very rapidly, what is left over is stored in the body as fat.
- Avoid before training and competitions since they may cause a rapid depletion in blood sugar levels. This will slow down your metabolism.
- However, HGC is good when it is essential to quickly increase blood sugar levels for the purpose of re-stocking muscle energy levels.
- Consumption of these foods after a competition/ training may help recovery by restoring used energy levels.

Empty Carbs:

- The following foods, although carbs, are not the best habitual choices for athletic performance.
- Athletes concerned about body composition need to eliminate these foods from their diet.
- Loaded with fat.
- Examples: biscuits, doughnuts, coffee cake, cinnamon rolls, croissants, chips, onion rings, fried potatoes, vegetables in cooked butter, canned fruit, sugary fruit juices.

VEGGIES ARE A GREAT SOURCE OF CARBOHYDRATES. THE GREENER THE BETTER

*****NOT ENOUGH ENERGY= NOT ENOUGH CARBS*****

Low Glycemic Index Foods	High Glycemic Index Foods
Good for pre-work out	Good for post-work out
Whole Grain/ Wheat Bread	White Bread/Honey Wheat Bread
Whole Grain/ Wheat Bagel	White Bread/Honey Wheat Bagel
Bran Muffin	Waffles
Whole Wheat Pasta	Shredded Wheat Cereal
Whole Grain/ Wheat Tortillas	Flour Tortillas
2% Milk	Energy Bars
Yogurt (Low Fat)	Sports Drinks (Gatorade)
Banana	Orange Juice
Spinach	White Rice
Brown Rice	Cheerios
Broccoli	Traditional Pasta
Sweet Potato	Baked Potato
Apple	Watermelon
Orange	Cornflakes
Pineapple	Rice Cakes

You don't need to over indulge in carbohydrates at night because their purpose is to replenish energy stores. It only takes a small amount of carbohydrates to restore your needs. Any excess is stored as fat.

3. EAT ENOUGH PROTEIN

Protein is very important to strength and power athletes. Protein helps with tissue growth and tissue maintenance. Of your total daily caloric intake, all the calories you eat in a day, 15% of those calories should consist of protein.

Too Much Protein.....

- Low energy
- Dehydration
- Calcium loss from bones and potential fractures
- Possible kidney problems long term

Recommended Daily Requirements for strength athletes:

To determine your protein needs:

Body Weight x 2/3 = RDA of Protein (Recommended Daily Allowance)

180 lbs athlete = 120 grams protein per day.

200 lbs athlete = 135 grams of protein per day.

Easier way to calculate protein needs:

1 gram of protein for every 1 lbs of body weight

180 lbs athlete = 180 grams protein per day.

Good Protein Sources:

Meat, Fish, Poultry

1 oz = 10g protein

1 chicken breast = 30 g

8 oz steak = 80 g

Beans

1 cup of kidney beans = 15 g

Eggs

1 Egg = 7 g

Low fat Dairy Products

1 cup of milk or yogurt = 10 g

1 slice of cheese = 10 g

½ cup of cottage cheese = 10 g

Peanut Butter

2 tbsp of PB = 15 g

Alternate sources of protein: yogurt, low fat/ fat free cheese, cottage cheese, black beans, red beans, eggs (whites), white beans, red beans.

4. EAT LESS FAT

- It provides the body with a sustainable amount of energy for workouts.
- It supplies the body with essential fatty acids needed for growth and healthy skin
- It assists with weight management
- It acts as a carrier for fat soluble vitamins
- It helps prevent heart disease- leading killer in America.

Learn to eat these good fats in moderations- ok to eat sometimes.

(one meal a week.)

- Butter and margarine
- Sour cream
- Whole milk
- Mayonnaise
- Ice cream
- Sausage, bacon, bologna
- Fast food
- Doughnuts
- Desserts

Good Fat- Unsaturated Fats- Peanuts, Walnuts, Almonds, Pistachios, Peanut Butter, Fresh Water Fish, Olive and Oil.

Stay away from....

Bad Fat- Saturated Fats- fried fish, fried chicken, french fries, fried onion rings, fried pickles, fried cheese sticks, fried jalapenos, fried fish, and bacon.

Limit the consumption of meats high in saturated fat: hamburgers, cheeseburgers, fried meats, and dark meat.

5. FUEL AND REFUEL FOR WORKOUTS

NEVER LIFT ON AN EMPTY STOMACH!!!

If you are not eating a full meal within an hour of working out:

Smoothie	Carnation Instant Breakfast
Whey Protein	Yogurt with fresh fruit
Banana	PBJ Sandwich
Sports bar	Bagel
Instant Oatmeal w/Toast	

REFUEL AFTER WORKOUTS

Eat within 30 minutes of completing your workouts because it will:

- Replenish energy and fluid you used up-each 1 pound lost replenish with 1/2 L of fluid, 2 16 oz bottles of water.
- Provide ingredients for building muscle
- Limit Muscle soreness

Breakfast choices

- Smoothies
- Carnation Instant Breakfast with small glass of 2% milk
- Cereals: Hot or Cold
- Oat Bran Muffins
- Fruit

Pre-Workout choices

- 8 oz water
- 1 scoop of Whey Protein w/ milk or water (30 mins before workout)

During Workout choices

- 5-9 oz of water every 15 mins, Gatorade if exercise exceeds 1 hour

Post-Workout choices

- Gatorade
- 1 scoop of Whey Protein with 2% milk
- granola bar

Before Bed choices

- 1 scoop of Casein Protein with whole milk
- 1 cup of milk

6. TIMING

The timing of your meals is very important to help your body recovery and rebuild from workouts. Following workouts your body searches for nutrients that will help it repair and recover. If you miss a meal your body will not properly complete this process. Never come to a workout on an empty stomach. Your body needs energy to perform at its best level.

The basic guidelines include:

30 mins post work out- 4:1 carbs to protein meal

- 16 oz Nestle low fat chocolate milk
- 16 oz Borden 1% low fat milk
- Whey protein shake w/ milk

2 hrs post work out- important meal

- Lean Meat-Protein
- Whole Grains-Carbs
- Water- Hydration
- Healthy Fats: Peanuts, Almonds, Pistachios, Walnuts, Pumpkin Seeds

Dinner (most nutritious meal of the day)

- Consume a well balanced meal that includes: lean meat, vegetables, and fats

Before Bed

- Casein protein- a slow digesting protein.
- Glass of 2% milk

Try not to eat after 8 pm

If you have to, eat fruit or a protein snack, but no simple/fats, such as ice cream, pizza or burgers.

Your day should go a follows:

AM- carbohydrates; LUNCH- mixed carbohydrates and protein; PM- mostly protein

7. HYDRATION

- **Hydration is one of the most important parts of your diet!!**
- Water is vital to your survival and recovery process.
- Drink 1/2 liter, two bottles, of water for every pound lost during workouts. Remember that 70% of your body consists of water. Stay properly hydrated!

First, water is a nutrient transporting agent. Following a workout, water will quickly transport nutrients from your meals to the parts of the body that need them the most. Second, water keeps your body temperate at a normal level. If you do not hydrate properly your body temperature will rise, which will slowly cause your body to shut down. It is very important that athletes track their pre and post weight following workouts, so that they know how much water they need to replenish.

Drinks to Avoid:

Drinks with caffeine/ephedrine

Colas

Ultimate Orange

Sport High Energy Drinks

8. SLEEP

Sleep is a major component over looked by many young athletes. Sufficient rest consists of averaging 8-9 hours of sleep a night per week. When you sleep your body goes through many cycles of important rebuilding and recovery stages. As you reach deep sleep, your pituitary gland produces more HGH, human growth hormones, as opposed to staying awake. If you are not getting the right amount of sleep your body is less likely to recovery from the physically demanding workouts. Maintain a regular sleep-wake schedule. (go to sleep at 9, wake up at 7)

What a good night's sleep will do for you:

- decrease in both daytime sleepiness and fatigue
- Improve athletic performance
- Repairs the body
- Reduces stress
- Helps control body weight issues
- Reduces mood swings

Individual Fire is what fuels Team Success

DEDICATION

Getting bigger, stronger, faster does not happen overnight. It takes time for your body to adjust to a new diet, sleep patterns, and workout schedules. Dedication means making a life style changing decision. It's ok to occasionally have a cheat *meal*, meaning not a cheat weekend. If you decide to eat fast food one entire weekend it will set you back at least six days. Plan your meals accordingly and stick to it.

**“EVERYTHING YOU DO, EVERYTHING YOU
HAVE, EVERYTHING YOU BECOME IS
ULTIMATELY THE RESULT OF THE CHOICES
YOU HAVE MADE”**

SAMPLE MEALS TO MAINTAIN, GAIN AND REDUCE

Proper nutrition is essential for the athlete who seeks to attain success. Athletes need to realize the direct relationship between proper sports nutrition and **SIZE, STRENGTH, ENDURANCE AND CONDITIONING.**

Listed below are sample meals that you can use as a guide to help you reach your specific caloric level. Meals are divided into **WEIGHT MAINTENANCE, WEIGHT GAIN, and WEIGHT REDUCTION** categories.

BREAKFAST **TO MAINTAIN:**

Apple, 1
Cereal, 2 cups
Toast w/ margarine and jelly, 2
2% milk, 1 cup

Breakfast items:

Fresh Fruit
Cold Cereal
Hot Cereal

BREAKFAST **TO GAIN:**

Orange juice, 1 cup
Pancakes, 6
Syrup, ¼ cup
Margarine, 2 pats
Low-Fat Milk, 2 cups

Breakfast items:

Toast
Pancakes
2% Milk
Toast w/ Margarine, Jelly

BREAKFAST **TO REDUCE:**

Apple, 1
Toast w/ jam, 1
Cereal, 1 cup
Skim Milk, 1 cup

Breakfast items:

Skim milk
Water

LUNCH **TO MAINTAIN:**

Baked Chicken (light), 1 piece
Noodles/Pasta, 1 cup
Peas/Green Beans, 1 cup
Oatmeal cookie, 1
Skim Milk, 1 cup
Water

Lunch Items:

Baked Chicken
Turkey Breast
Tuna (Water Packed)
Spaghetti

LUNCH **TO GAIN:**

Turkey Breast, 6ozs.
Whole Wheat bread, 4 slices
Miracle Whip Lite, 2 tbl.
Grape juice, 2 cups
Fruit Yogurt, 1 cup

Lunch Items:

Whole Wheat Bread
Baked Potato
Fresh Fruit
Fruit Yogurt

LUNCH **TO REDUCE:**

Chicken Breast, 1 piece
Baked Potato, 1 med.
Margarine, 1 pat
Apple, 1
Iced Tea

Lunch Items:

Fruit Juice
Iced Tea
Miracle Whip Lite
Margarine

DINNER **TO MAINTAIN:**

Chicken Breast, 1 cup
Baked Potato, 1 Med
Mixed Vegetables
Margarine, 1 pat
Tossed Salad, 2 cups
Iced Tea

Dinner Items:

Baked Chicken
Baked Fish
Fresh Mixed Veggies
Spaghetti

DINNER **TO GAIN:**

Cheese/Veggie Pizza, 1 Med
Low-Fat Milk, 2 cups
Grape juice, 2 cups

Dinner Items:

Whole Wheat Bread
Baked Potato
Fresh Fruit
Fruit Yogurt

DINNER **TO REDUCE:**

Spaghetti w/ tomato
Sauce, 2 cup
Italian Bread, 2 pieces
Skim milk, 2 cups
Water

Dinner Items:

Fruit Juice
Iced Tea
Soup
Margarine

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HOW TO GAIN WEIGHT HEALTHFULLY

JUICE: Apple, cranberry, cranapple, grape, pineapple, and apricot have more calories than grapefruit, orange, and tomato juice. To increase the calories in frozen OJ, add less H2O

FRUIT: Bananas, pineapples, raisins, dates, dried apricots, and other dried fruits have more calories than watery fruits such as grapefruit, plums, and peaches.

MILK: To boost the calorie value of milk, add ¼ cup powdered milk to one cup of regular milk. You can also add malt powder, Ovaltine, Carnation Instant Breakfast, Nestle's Quik.

HOT CEREAL: By using milk to cook cereal, instead of water, you'll add more calories. Lots of mix-ins, such as powdered milk, margarine, peanut butter, walnuts, and wheat germs.

COLD CEREAL: Choose dense cereals (not flaked or puffed), such as granola, muesli, grape nuts, and wheat chex. Top with raisins, bananas, and other fruits.

TOAST: Spread with generous amounts of peanut butter, margarine, and jam.

SANDWICHES: Select hearty, dense breads (as opposed to fluffy types), such as sprouted wheat, honey bran, rye and pumpernickel- the thinner the better! Stuff with PB & Jelly or Tuna.

MEATS: Go lean with meat. You can boost the calorie value of lean meat, chicken or fish by sautéing them in olive oil, as well as adding bread crumb toppings.

SOUPS: Hearty Lentil, split pea, minestrone and barley soups have more calories than brothy chicken and beef types. Make canned soups more substantial by adding evaporating milk.

BEANS: Red, black, white, pinto, chili with beans, limas, and other dried beans are not only high in calories but also excellent sources of protein and carbs.

VEGETABLES: Peas, corn, carrots, winter squash, and beets have more calories than green beans, broccoli, summer squash, and other watery vegetables. Add grated cheese and almonds

SALADS: Add cottage cheese, garbanzo beans, gucauamole, sun flower seeds, assorted vegetables, chopped walnuts, raisins, tuna fish, lean meat, croutons with low fat dressings or oil.

POTATO: Add generous amounts of butter and extra powdered milk to mashed potatoes. Use sour cream and gravy sparingly.

DESSERTS: Try oatmeal raisin cookies, fig newtons, rice pudding, chocolate pudding, fruit, pumpkin pie, blueberry muffins, born bread with honey, banana bread, but eat sparingly.

SNACKS: A substantial afternoon or evening snack is an excellent way to boost your caloric intake. Some healthy snack choices include: fruit yogurt, bran muffins, cheese and crackers, mixed nuts, English muffins, bagels, milk shakes, instant breakfast, fruit, and sandwiches.

HIGH CALORIE SNACKS

400 Calorie Snacks

Large whole wheat bagel w/2 Tbs. peanut butter	<u>Homemade Trail Mix</u> 1 cup dry cereal, ¼ cup granola, 20 nuts	1 pack Nature Valley Granola Bars, 1 fruit & 2-2% string cheese	Quaker Oatmeal Square & 12 oz 2% milk	Peanut butter & banana sandwich on wheat bread (2 Tbs. PB)	1 yogurt with ¼ cup granola, ½ cup fruit & 15 nuts
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600 Calorie Snacks

Large whole wheat bagel with 3-4 slices ham, 2 slices 2% cheese & 1 serving wheat crackers or pretzels	20 oz low-fat chocolate milk & peanut butter sandwich on wheat bread (1 Tbs. PB)	300 calorie energy bar, 1 banana & 16 oz 2% milk	20 oz Smoothie King Smoothie with protein & 250-300 calorie energy bar	Peanut butter and jelly sandwich on wheat bread (2 Tbs. PB & 2 Tbs. jelly), 1 bag baked lays & 1 fruit	2 cups cereal w/2% milk, sprinkle 3 Tbs. almonds in cereal & 1 yogurt or 2% string cheese
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800 Calorie Snacks

2 cups high calorie cereal (~200 calories/serving) w/2% milk & 1 banana & 2 pieces wheat toast w/1 Tbs. peanut butter on each	<u>Homemade Shake</u> 2 cups 2% milk, 1 Yoplait Thick & Creamy vanilla yogurt, 1 scoop ice cream, 1-2 Tbs. peanut butter	3 Eggo whole wheat waffles w/1 Tbs. peanut butter on each, 1 fruit & 16 oz low-fat chocolate milk	1 whole wheat bagel w/ 2 Tbs. cream cheese, 1 pack Nature Valley granola bars & 16 oz low-fat chocolate milk	High calorie energy bar (250-350 calories), 16 oz low-fat chocolate milk w/1 scoop whey protein mixed in & 1 banana	2 Whole grain Hot Pockets, 1 individual bag reduced-fat Sun Chips & 16 oz 2% or low-fat chocolate milk
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1000 Calorie Snacks

1 whole wheat bagel w/ 2 Tbs. peanut butter, 1 cup high calorie cereal & 1 cup granola w/ 2% milk	High calorie energy bar (250-350 calories), 1 individual bottle (20 oz) 2% milk, 1 pack peanut butter crackers & a banana	2 Yoplait Whips or Thick & Creamy yogurts w/1 cup granola mix in, 2 pieces whole wheat toast w/1 Tbs. peanut butter on each & 16 oz 2% milk	2 Quaker Oatmeal Squares, 1 individual bottle (20 oz) low-fat chocolate milk & ½ cup nuts	Subway 12" sandwich w/meat, cheese, sauce, & veggies, 1 bag Sun Chips, 1 bag apples & 1 individual bottle juice or 2% milk	2 peanut butter & jelly sandwiches on wheat bread (2 Tbs. PB & 2 jelly on each), 16 oz 2% milk & 1 banana or chewy granola bar
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Tips for adding "quality" calories to food...

- Add 2 spoons peanut butter to things like toast, bagels, waffles, oatmeal, crackers, shakes, etc.
- Add granola to cereal, trail mix, yogurt, oatmeal, ice cream
- Add avocado to salads, sandwiches, wraps, chips, crackers, dips
- Eat sandwiches on wheat buns, subs, or bagels instead of on bread or a thin wrap
- Choose high calorie cereals, energy bars, granola bars, yogurts, etc.
- Cook vegetables and meat in Extra Virgin Olive Oil
- Make shakes with high calorie shake powder & add things like peanut butter, honey, chocolate syrup, some ice cream, etc to it
- Add nuts to cereal, granola, trail mix, oatmeal, yogurt, parfaits, ice cream, salads & eat plain
- Drink 2% milk, low-fat chocolate milk and/or some juice with meals and snacks
- Eat a snack (as mentioned above) right before you go to bed, 7 days a week

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HEALTHY FAST FOOD CHOICES

(Try to limit to one meal a week, 1 cheat weekend = 6 day set back)

Tips for making healthy choices at fast food restaurants

- Make careful menu selections – pay attention to the descriptions on the menu. Dishes labeled deep-fried, pan-fried, baked, batter-dipped, breaded, creamy, crispy, scalloped, Alfredo, au gratin or in cream sauce are usually high in calories, unhealthy fats or sodium. Order items with more vegetables and choose leaner meats.
- Drink water with your meal. Soda is a huge source of hidden calories. One 32-oz Big Gulp with regular cola packs about 425 calories, so one Big Gulp can quickly gulp up a big portion of your daily calorie intake. Try adding a little lemon to your water or ordering unsweetened iced tea.
- “Undress” your food. When choosing items, be aware of calorie- and fat-packed salad dressings, spreads, cheese, sour cream, etc. For example, ask for a grilled chicken sandwich without the mayonnaise. You can ask for a packet of ketchup or mustard and add it yourself, controlling how much you put on your sandwich.
- Special order. Many menu items would be healthy if it weren't for the way they were prepared. Ask for your vegetables and main dishes to be served without the sauces. Ask for olive oil and vinegar for your salads or order the dressing "on the side" and spoon only a small amount on at a time. If your food is fried or cooked in oil or butter, ask to have it broiled or steamed.
- Eat mindfully. Pay attention to what you eat and savor each bite. Chew your food more thoroughly and avoid eating on the run. Being mindful also means stopping before you are full. It takes time for our bodies to register that we have eaten. Mindful eating relaxes you, so you digest better, and makes you feel more satisfied.

Tips for what to AVOID at fast food restaurants

- Supersized portions - An average fast food meal can run to 1000 calories or more, so choose a smaller portion size, order a side salad instead of fries, and don't supersize anything. At a typical restaurant, a single serving provides enough for two meals. Take half home or divide the portion with a dining partner.
- Salt. Fast food restaurant food tends to be very high in sodium, a major contributor to high blood pressure. Don't add insult to injury by adding more salt.
- Bacon. It's always tempting to add bacon to sandwiches and salads for extra flavor, but bacon has very few nutrients and is high in fat and calories. Instead, try ordering extra pickles, onions, lettuce, tomatoes or mustard to add flavor without the fat.
- Buffets – even seemingly healthy ones like salad bars. You'll likely overeat to get your money's worth. If you do choose buffet dining, opt for fresh fruits, salads with olive oil & vinegar or low-fat dressings, broiled entrees and steamed vegetables. Resist the temptation to go for seconds, or wait at least 20 minutes after eating to make sure you're really still hungry before going back for more.

HEALTHY FAST FOOD CHOICES

Burger King: Breakfast

Croissan'wich with egg - 270 calories, 11 g fat (3 g saturated), 175 mg sodium

The Lesser of Two Evils:

>Eat this: Croissan'wich with sausage - 380 calories, 27 g fat (9 g saturated), 630 mg sodium

>Not that: Croissan'wich with sausage, egg, and cheese - 520 calories, 39 g fat (14 g saturated), 1090 mg sodium

Burger King: Lunch & Dinner

Chicken Tenders (5 piece) - 210 calories, 12 g fat (3.5 g saturated), 920 mg sodium (Add 35 calories for BBQ sauce or 90 for honey.)

The Lesser of Two Evils:

>Eat this: Medium Onion Rings - 320 calories, 16 g fat (4 g saturated), 460 mg sodium

>Not that: Medium French Fries - 360 calories, 18 g fat (5 g saturated), 640 mg sodium

>Eat this: Chicken Whopper - 570 calories, 25 g fat (4.5 g saturated), 1410 mg sodium

Not that: Whopper - 700 calories, 42 g fat (13 g saturated), 1020 mg sodium

Chick-fil-A

Chargrilled Chicken Sandwich - 270 calories, 3.5 g fat (1 g saturated), 940 mg sodium

Fresh Fruit Cup - 60 calories, 0 g fat (0 g saturated), 0 mg sodium

The Lesser of Two Evils:

>Eat this: Carrot and Raisin Salad - 170 calories, 6 g fat (1 g saturated), 110 mg sodium

>Not that: Small waffle fries - 280 calories, 14 g fat (5 g saturated), 105 mg sodium

>Eat this: Chick-n-strips (4 count) (fried) - 290 calories, 13 g fat (2.5 g saturated), 730 mg sodium

>Not that: Chargrilled Chicken Club - 380 calories, 11 g fat (5 g saturated), 1240 mg sodium

Chinese Restaurant (such as Panda Express or P.F. Chang's)

Egg drop soup - 60 calories, 3 g fat (1 g saturated), 1000 mg sodium

Stir-fried vegetables - 750 calories, 19 g fat (3 g saturated), 2150 mg sodium

Szechuan shrimp - 950 calories, 20 g fat (2 g saturated), 2460 mg sodium

The Lesser of Two Evils:

>Eat this: Shrimp with garlic sauce - 950 calories, 30 g fat (4 g saturated), 2950 mg sodium

>Not that: Beef with broccoli - 1180 calories, 46 g fat (9 g saturated), 3150 mg sodium

>Eat this: Chicken chow mein - 1000 calories, 32 g fat (10 g saturated), 2450 mg sodium

>Not that: General Tso's chicken - 1600 calories, 60 g fat (10 g saturated), 3200 mg sodium

>Eat this: Vegetarian spring roll - 80 calories, 2.5 g fat (0 g saturated), 270 mg sodium

>Not that: Chicken/pork egg roll - 200 calories, 10 g fat (1 g saturated)

Chipotle

Burrito with black beans, vegetables, lettuce, and salsa - 600 calories, 18 g fat (3.5 g saturated), 2378 mg sodium

The Lesser of Two Evils:

>Eat this: Burrito with black beans, vegetables, lettuce, and guacamole - 770 calories, 33 g fat (6 g saturated), 2248 mg sodium

>Not that: Burrito with barbecue, rice, lettuce, salsa, cheese, sour cream - 1120 calories, 51 g fat (20 g saturated), 2920 mg sodium

Dairy Queen

Grilled Chicken Sandwich - 340 calories, 16 g fat (2.5 g saturated), 1000 mg sodium

Chocolate Soft Serve (1½ cup) - 150 calories, 5 g fat (3.5 g saturated), 75 mg sodium

The Lesser of Two Evils:

>Eat this: 2 Hot Dogs - 480 calories, 28 g fat (10 g saturated), 1460 mg sodium

>Not that: Chicken Strip Basket with gravy - 1000 calories, 50 g fat (13 g saturated), 2510 mg sodium

HEALTHY FAST FOOD CHOICES

KFC

Original Recipe Chicken Breast (with skin and breading removed) - 140 calories, 3 g fat (1 g saturated), 410 mg sodium

Mashed Potatoes with Gravy - 110 calories, 4 g fat (1 g saturated), 260 mg sodium

The Lesser of Two Evils:

>Eat this: BBQ Baked Beans - 230 calories, 1 g fat (1 g saturated), 720 mg sodium

>Not that: Potato Wedges - 240 calories, 12 g fat (3 g saturated), 830 mg sodium

>Eat this: Honey Barbecue Sandwich - 300 calories, 6 g fat (1.5 g saturated), 640 mg sodium

>Not that: Original Recipe Breast - 380 calories, 19 g fat (6 g saturated), 1150 mg sodium

McDonald's: Breakfast

Egg McMuffin - 290 calories, 11 g fat (4.5 g saturated), 850 mg sodium

The Lesser of Two Evils:

>Eat this: Sausage Burrito - 300 calories, 16 g fat (6 g saturated), 760 mg sodium

>Not that: Sausage McMuffin with Egg - 450 calories, 26 g fat (10 g saturated), 930 mg sodium

McDonald's: Lunch & Dinner

Chicken McGrill - 400 calories, 16 g fat (3 g saturated), 1010 mg sodium

Side Salad with Low-Fat Balsamic Vinaigrette - 55 calories, 3 g fat (0 g saturated), 740 mg sodium

Fiesta salad with salsa - 390 calories, 22 g fat (10 g saturated), 870 mg sodium

Fruit 'n Yogurt Parfait (with granola) - 160 calories, 2 g fat (1 g saturated), 85 mg sodium

The Lesser of Two Evils:

>Eat this: Quarter Pounder - 420 calories, 18 g fat (7 g saturated), 730 mg sodium

>Not that: Big Mac - 560 calories, 30 g fat (10 g saturated), 1010 mg sodium

>Eat this: Chicken Selects (3 piece) (Add 60 calories for buffalo sauce, 70 for honey mustard) - 380 calories, 20 g fat (3.5 g saturated), 930 mg sodium

>Not that: Crispy Chicken Bacon Ranch Salad with dressing - 620 calories, 31 g fat (8 g saturated), 1560 mg sodium

>Eat this: Apple Dippers with Low-Fat Caramel Dip - 100 calories, 1 g fat (0.5 g saturated), 35 mg sodium

>Not that: Baked Apple Pie - 250 calories, 11 g fat (3 g saturated), 150 mg sodium

Taco Bell

Chicken Burrito, Fiesta style - 370 calories, 12 g fat (3.5 g saturated), 1090 mg sodium

2 Ranchero Chicken Soft Tacos - 540 calories, 14 g fat (4 g saturated), 1710 mg sodium

The Lesser of Two Evils:

>Eat this: Bean Burrito - 370 calories, 10 g fat (3.5 g saturated), 1200 mg sodium

>Not that: Fiesta Taco Salad (without shell) - 500 calories, 27 g fat (12 g saturated), 1520 mg sodium

Wendy's

Ultimate Chicken Grill sandwich - 360 calories, 7 g fat (1.5 g saturated), 1100 mg sodium

Side Salad with Low-Fat Honey Mustard Dressing - 145 calories, 3 g fat (0 g saturated), 360 mg sodium

Chili (small) - 200 calories, 5 g fat (2 g saturated), 870 mg sodium

The Lesser of Two Evils:

>Eat this: Baked potato with sour cream - 340 calories, 6 g fat (3.5 g saturated), 40 mg sodium

>Not that: Biggie fries - 440 calories, 19 g fat (3.5 g saturated), 380 mg sodium

>Eat this: Jr. Cheeseburger - 310 calories, 12 g fat (6 g saturated), 820 mg sodium

>Not that: Spicy Chicken Fillet sandwich - 510 calories, 19 g fat (3.5 g saturated), 1480 mg sodium

SMOOTHIES

Banana Smoothie

16 oz 2% Milk
1 cup Ice- add accordingly to thicken
1 banana
1 tbsp natural coco
1 tbsp ground flax seed
1 tbsp soy lecithin- to allow everything to mix well
1 scoop whey protein
1 tbsp natural peanut butter

Blueberry Pineapple Smoothie

2 cups Baby Fresh Spinach
1 cup Frozen Blueberries
1 Banana
1/2 cup Vanilla Yogurt
1/4 cup Chopped Fresh Pineapple
1/4 cup Frozen Dark Sweet Cherries
1/4 cup Orange Juice

Low Carb Strawberry Smoothie

1 cup Frozen Strawberries
1/4 cup Soft Tofu
1 cup Milk
1 tsp Splenda
1 20-gram scoop Low-Carb Soy Powder

Breakfast Protein Smoothie

1 cup Skim Milk
1 to 2 scoops Vanilla Flavored Protein Powder
1 Tbsp Cocoa Powder
1 Banana (sliced)
1 Tbsp Natural Peanut Butter
3-4 drops Stevia Liquid (natural sweetener) if desired
4 or 5 ice cubes

Banana Berry Protein Smoothie

1 cup Berries (any mix)
1/2 Banana
1/2 Soy Milk (or any kind of milk)
1 scoop Protein Powder (or if you don't have protein power add 1 egg white)
3/4 cup Yogurt (your choice what kind)
1 cup ice

Chocolate Banana Soy Smoothie

1 cup Soy Milk (plain or vanilla)
1 Medium Banana (quartered)
2 Tbsp Chocolate Syrup
3 ice cubes

Sunny Start Smoothie

1 cup Orange Juice
2 Bananas (cut)
2 Tbsp of Honey
1 Orange (peeled and cut)
1/4 cup Granola

Very Berry Soy Protein Smoothie

1/2 Scoop Plain (Unsweetened) Protein Powder
3 Tbsp. Low Fat, Dairy-Free (Soy) Yogurt
2/3 Cup Fresh Blueberries
3/4 Cup Soy Milk
1/4 Cup Water
2 Ice Cubes

Purple Haze Smoothie

6 oz Plain Lowfat Yogurt
1 cup Frozen Blueberries
30-40 Pomegranate Seeds
4-6 Ice Cubes
Optional: 1 scoop Protein Powder

Dreamsicle Smoothie

6 oz Plain Lowfat Yogurt
1 cup Orange Sherbet
1 Tangerine (divided and seeded)
6 Vanilla Wafers
1/4 cup Lowfat Whipped Cream (as topping)
4-6 Ice Cubes
Optional: 1 scoop Protein Powder

Peachy Smoothie

6 oz Plain Lowfat Yogurt
1 cup Frozen Chopped Peaches
1/2 cup Frozen Red Raspberries
4-6 Ice Cubes
Optional: 1 scoop Protein Powder

RECOMMENDED OFF-SEASON MEAL PLAN W/ SCHEDULE

(IF YOU ARE LOOKING TO GAIN OR LOSE WEIGHT PLEASE COME ASK FOR A PERSONALIZED MEAL PLAN)

6:00-6:30 AM - PRE WORK OUT CHOICES

- WHEY PROTEIN SHAKE, PROTEIN SMOOTHIE ,OR CARNATION INSTANT BREAKFAST
- WHOLE WHEAT OR GRAIN PRODUCT: BAGEL, PB & J SANDWICH, OATMEAL, TOAST
- FRESH FRUIT
- 1 BOTTLE OF WATER (16 OZ)

7:00 AM - MORNING LIFT

8:00-8:15 AM- 30 MIN POST WORK OUT MEAL *DO NOT SKIP!!*

- 16 OZ BORDEN LOW FAT CHOCOLATE MILK OR WHEY PROTEIN SHAKE
- 1 BOTTLE OF WATER (16 OZ) OR GATORADE
- MULTI VITAMIN – OR VITAMIN B COMPLEX

8:15-8:45 AM - BREAKFAST *DO NOT SKIP!!*

- GOOD BALANCED BREAKFAST.
 - WHOLE WHEAT OR GRAIN PRODUCTS: BAGAL WITH PB, WAFFLES, TOAST, OR OATMEAL.
 - EGGS
 - FRUIT: BANANA, BERRIES, MELONS, OR CANTALOPE
 - MILK, OJ, CARNATION INSTANT BREAKFAST, OR PROTEIN SMOOTHIE

8:50 AM (1ST BLOCK)

- 1 BOTTLE OF WATER (16 OZ)
- 1 BAG OF MIXED NUTS: ALMONDS, WALNUTS, PUMPKIN SEEDS, PEANUTS, CASHEWS OR A GRANOLA BAR

9:50 AM (2ND BLOCK) – 2 HOUR POST WORK OUT MEAL

- 1 BOTTLE OF WATER (16 OZ)
- PB AND JELLY, TUNA OR TURKEY SANDWICH W/ CHEESE W/MUSTARD OR LITE MIRCLE WHIP.
- YOGURT
- FRUIT: APPLE, BANANA, OR BERRIES.

11:20 PM (3RD BLOCK) – LUNCH – CARB/PROTEIN LOAD

- 1 BOTTLE WATER (16 OZ)
 - LEAN MEANT: TURKEY, CHICKEN OR TUNA SANDWICH, WHOLE GRAIN BREAD, VEGETABLES, FRUITS, AND CHEESE STICK
 - BOWL OF SOUP
 - VEGETABLES: SWEET POTATOS, SALAD, DARK GREEN VEGETABLES, CARROTS.

1:45 - 2:30 PM (BEFORE 4TH BLOCK/PRACTICE BEGINS)

- 1 BOTTLE WATER (16 OZ)
- GRANOLA BAR

4:10 PM (WORKOUT IS OVER) 30 MIN POST WORK OUT

- WHEY PROTEIN, CHOCOLATE MILK- 50 GRAMS OF CARBS, 10-15 OF PROTEIN
- 16 OZ GATORADE TO SUPPLY POTASSIUM AND SODIUM (ELECTROLYTES).
- 16 OZ WATER FOR EVERY POUND LOST DURING PRACTICE- TO MAINTAIN WEIGHT.

6:00-8:00 PM – DINNER- 2 HOUR POST WORK OUT MEAL

- CARBS SHOULD CONSIST OF WHOLE WHEAT OR GRAIN PRODUCTS, DARK GREEN VEGETABLES, OR SWEET POTATO
- **CHOOSE ONE ENTRÉE:** SHRIMP, BAKED CHICKEN, BEEF STIR FRY, SPAGHETTI W/MEAT SAUSE, TURKEY, OR BAKED FISH
- SALAD WITH LITE DRESSING
- CONSUME ATLEAST 2, 16 OZ WATERS

10-10:30 PM - BEFORE BED

- 1 BOTTLE OF WATER (16 OZ)
- CASEIN PROTEIN: SUPPLEMENT FORM OR FROM LOW FAT MILK, 1 GLASS (8 OZ).

Individual Fire is what fuels Team Success

SHOPPING LIST

PROTEIN

Chicken Breast
Turkey Breast
Lean Chicken Deli Meat
Lean Roast Beef Deli Meat
Lean Turkey/Chicken Hot Dog
Lean Ham Deli Meat
Salmon-can or fresh
Chicken-can in water
Tuna-can in water
Halibut
Crab
Shrimp
Lobster
Venison
Flank Steak
Ground Turkey Breast
Ground Chicken Breast
Top Round or Sirloin Steak
Egg Whites/Egg Substitutes
Low-fat Cottage Cheese
Low-fat Peanut Butter
Low-fat/Fat-free Cheese

CONDIMENTS

Fat-free Mayonnaise
Mustard
Ketchup
Salsa
Fat-free/Low-fat Sour Cream
Margarine
Butter Substitutes:
Molly McButter
Promise Ultra Light
Benacol Light
Take Control
Miracle Whip Light

CARBOHYDRATES

Sweet Potato
Baked Potato
Brown Rice
Wild Rice
Whole Wheat Pasta
Whole Wheat Bread
Whole Wheat Buns
Black Beans
Red Beans
White Beans
Refried Beans
Baked Beans
Strawberries/Blueberries
Melon
Apple/Pear
Orange/Grapefruit
Banana
Peach/Plum
Grapes-Red or Green
Fat-free Yogurt
Whole Wheat Spaghetti
White/Brown Rice
Whole Wheat Waffles
English Muffins
Raisin Bran
Total/Wheaties
Pancakes
Wheat Bread
Italian Bread

DRINKS

Gallon of Water each day
2%, Low Fat or Skim Milk
Crystal Light- Sugar free
Orange Juice w/ Calcium
Diet Soda

VEGETABLES

Broccoli
Cauliflower
Green Beans
Green Peas
Green/Red Peppers
Mushrooms
Tomato
Carrot
Celery
Cabbage
Cucumber
Zucchini
Onion
Lettuce
Asparagus
Spinach
Collard Greens
Artichoke
Kidney Beans
Mixed Vegetables

SNACKS

Pretzels
Baked Tortilla Chips
Baked Lays
All Fruit
Fat-free Yogurt w/fruit
Low fat Cottage Cheese

DESSERTS

Jello
Angel Food Cake
Oatmeal Raisin Cookie
Chocolate Pudding
Sherbert
Frozen Yogurt