



Youth Athlete Training

Teaching Coaches. Guiding Parents. Molding Athletes



Nutrition Guide



Foundational
Athletic
Sport
Training


Published by Steve Preston and Rage to Master Sports LLC

Email: support@youthathlete.training

Web: www.YouthAthlete.Training

Disclaimer

The nutrition information is not meant to be used in place of sound medical advice; it is for educational purposes only. No liability is assumed by Steve Preston or Rage to Master Sports LLC for any of the information contained herein. Before starting any nutrition or meal plan program, you should seek the advice of your physician.



Steve Preston is a Sports Performance Specialist and PE Teacher in Virginia Beach, VA.

He has trained, taught and coached over 10,000 athletes and students for over 25 years. His athletes have ranged from 6 years old to the NFL. He is a life-long student of strength and conditioning and was a National Runner Up in Powerlifting and set a Junior World Record in the Bench Press.

His mission is to help 50,000 youth athletes, coaches and parents in the next 5 years discover appropriate training systems to improve strength, speed and conditioning for all sports, while building mental strength, character and integrity.



This course (F.A.S.T. Nutrition) is copyrighted by Rage to Master Sports LLC. All Rights Reserved. No part of this manual may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system. Images, text, graphics, and other intellectual property are protected by United States and International Copyright Laws, and may not be copied, reprinted, published, reengineered, translated, hosted, reproduced, or otherwise distributed by any means without explicit permission. You may not copy, modify, create derivative works of, publicly display or perform, republish, store, transmit, or distribute any of the material in this video without the prior written consent of Rage to Master Sports LLC.

Fines start at \$150,000 and include a possible prison sentence upon conviction.

Copyright © 2017 BY Rage to Master Sports, LLC

Introduction

What would you say if I told you that I could help you get stronger, faster and have more energy for sports within 3 days?

Would you believe me? I hope so, because it's true!

In this manual, I'm going to give you the nutritional secrets to high-performance sports nutrition. I'm going to give you a bit of an education on the what, when, why and how much of ultimate sports nutrition.

I wrote this manual to help young athletes, coaches and parents discover the 'missing link' between being a good athlete and being great. That's not to say that every great athlete eats perfectly. Some are just gifted and could eat anything and still be great by virtue of other natural talents. But 90% of athletes aren't coming close to their potential...

"When You Learn How To Eat Correctly for Sports Performance You Will Train Better And Play Better... You Are Trying To Build Your Body Into An Athletic Machine!"

Please remember that most young athletes are still growing. The nutritional demands that are placed on the body in this time of development demand increased attention to proper nutrition.

This manual is going to make it easy for you...

I'm going to give you the 'why' first and then the 'what', 'when', and 'how much' after... Ready?

Let's begin!



Steve Preston is a Sports Performance Specialist and PE Teacher in Virginia Beach, VA.

He has trained, taught and coached over 10,000 athletes and students for over 25 years. His athletes have ranged from 6 years old to the NFL. He is a life-long student of strength and conditioning and was a National Runner Up in Powerlifting and set a Junior World Record in the Bench Press.

His mission is to help 50,000 youth athletes, coaches and parents in the next 5 years discover appropriate training systems to improve strength, speed and conditioning for all sports, while building mental strength, character and integrity.

What's the Problem with Most Youth Athletes Nutrition?

What's The Problem With Most Youth Athletes Nutrition?

Ok... let's start at the beginning of a typical day for some young athletes...

You get up, probably just in time to catch the bus or get to school... usually skipping breakfast or having a glass of juice on the run...

You might snack on a Pop Tart, Granola Bar, or one of those so-called 'natural' bars.

By the time lunch rolls around you're hungry... really hungry. So you eat a big lunch of that yummy School lunch food... or even worse a soda and chips.

After school is some sort of snack, usually from the pantry of your house. If you have practice it might be another can of soda and some chips. Oh yeah... don't let me forget the Gatorade too.

Dinner time is loaded with fried food, absolutely no vegetables and or milk...After dinner would be time for some sort of rewarding junk food delight or ice cream.

Ok... that's the worst case scenario that I often see in young athletes...But it helps open the door to discuss what doesn't work and what you can do about it... Read on...

The major problems with most young athletes nutrition programs are:

1. Not Eating Breakfast

Do you know what happens when you go to sleep? Your muscles that have worked so hard in practice, training and games start to break down. They go through a process called 'catabolism' which means 'the act of breaking down'. This is why it's called breakfast... or 'breaking' the 'fast.'

The 'fast' which occurs when you sleep needs to be broken as quickly as possible. You always have to eat breakfast. I'll discuss 5 of the best breakfast choices you can make as a young athlete in an upcoming chapter.

2. Not Eating Often Enough

In a growing athletic body it is almost more important to eat often than what you're actually eating. Now perhaps this is a slight exaggeration, as I know some guys who would mainline crap all day long if they took this statement to heart and that wouldn't be good. I'm just trying to emphasize the fact that meal frequency or lack thereof, is one of the most misunderstood necessities for a young athlete's meal plan.

3. Too Much Processed Food

Everybody's in a hurry... so we live in a world of 'on the go' eating. Therefore, what we get are foods that are 'processed' in order to make them convenient. The problem is that the additives and preservatives included often negate the so-called nutrition. One great example are nutrition bars. Let's get something straight... MOST NUTRITION BARS ARE CRAP! Notice that I say 'most.' I actually have a couple that I really like but I'll save that for a little later in this manual. A general rule of thumb in regard to nutrition for athletes is: "If it comes from the earth, it's perfect. Then it all goes down hill from there!"

Nutrition Problem (continued)

4. Over-reliance On Sports Performance Drinks

Young athletes are crazy about Gatorade and other Sports Performance Drinks. But take out the salt and electrolytes and you have a high-sugar drink much like drinking Kool-Aid or Soda. The sugar content in these drinks make them a very poor choice for consumption... except right after practice or training, which I'll discuss in the upcoming chapter on Recovery Drinks

5. Not Enough Protein

There's no doubt that too much of anything can't be good for you. Life is about moderation... and when it comes to protein, you definitely want to adhere to this. But with picky eating many young athletes don't eat enough protein to support growth and development.

6. Not Enough Vegetables

A lot of young athletes don't eat their veggies. People in general don't eat enough the digestive and nutritive processes of a young athlete who is training and practicing intensely. They are fibrous which makes them pro-active in helping you digest proteins. They expand in the stomach, helping to curb your appetite if you're in the middle of a long game.

7. Not Eating Supportive Meals

One big problem is not combining foods correctly. Supportive nutrition is nutrition that 'supports the nutritional, growth, repair and 'performance' requirements of a youth athlete. Instead of thinking of food as food, athletes should think of it as fuel. Treat your body like a high- performance sports car. Would you put just gas in the car? No way... You'd put in the best gas and the best oil. You need to combine a variety of natural foods to give your body complete nutrition. You'll recover and grow better, have more energy, and be more alert when you're competing.

8. Energy Drinks

So many young athletes these days are relying on energy drinks to give a sense of 'energy' before games, practices, training and whenever. Let me tell you... I don't like them at all. They're unhealthy. They're like a 'super-processed, jacked-up cup of coffee with weird stuff in them.

What Should Young Athletes Eat?

As I mentioned previously, the more natural your food is, the better performance on the field you will have...

Serious athletes should eat much like a professional bodybuilder, in terms of clean food. A bodybuilder eats a variety of natural foods in particular ratios, as frequently as possible. This is to give the muscles a steady supply of amino acids for repair and recovery from training. This prevents muscular break-down. It also helps with energy and strength, which what athletes need plenty of. This is the energy you'll need in late in games so you are still alert.

A steady supply of complex carbohydrates are needed for energy, lean proteins for growth and repair, and fibrous carbohydrates to digest proteins. Healthy fats are also needed in a young athlete meal plan to optimize hormone levels as well as supply water soluble vitamins crucial to regulating all of your body systems.

Energy I don't care what any product says... energy doesn't come from energy drinks. Energy comes from calories. Calories are actually 'units of heat energy'. Your body needs enough 'units of heat energy' or calories in order to allow you to live, breathe, eat, sleep, and of course... play sports! These calories come from the food that we eat.

Your body's preferred source of energy for athletic performance comes from carbohydrate sources. Carbohydrates are one of the 3 macronutrients that make up food. The other 2 are protein and fat. Carbohydrates are found in 3 forms:

- **Complex (starchy)**
- **Sugar**
- **Fibrous (vegetables)**

Complex Carbohydrates are those that come from natural, grain sources that have longer chains of glucose molecules – the building blocks of carbohydrates. These carbohydrates are very good for your energy requirements and should be a staple in the diet of a young athlete.

Complex carbohydrates be included in most meals for a high-performance athlete.

Sugar is carbohydrates in their simplest form with basic glucose chains at a molecular level. This means that they are rapidly broken down in the blood stream causing an unstable blood- sugar level that forces the Pancreas to secrete Insulin in order to stabilize the blood sugar. This ultimately leads to those energy lows that so many young athletes experience.

Don't get me wrong... sugar does have its place in an athletes daily meal plan, just not too much and only at specific times. (More on that in the Recovery Drinks section)

Fibrous Carbohydrates are your vegetables. They are a must for optimal performance. There are so many antioxidants, fiber, and vitamins in them. They help digest food too. They should be eaten with at least 2 daily meals for an athlete who is serious about making a difference in the game. (Hey, it's no joke that Popeye ate his Spinach and got diesel-strong)

What Should Young Athletes Eat? (continued)

Recovery and Strength

Your ability to repair and grow new tissue in the body comes from protein. Protein is unique as a macronutrient in that it isn't stored in the body. Protein should be eaten in frequent feedings in order to supply the body with a steady stream of amino acids to get transported into the muscle cells for repair and growth. Protein should come from lean sources. This means lean meats, non-fat dairy, fish, and powder sources.

Optimal Hormone Levels

I cringe when I hear about athletes who follow low-fat diets. People who consciously try to cut fats out of their diets wind up cutting a considerable amount of calories to the point of not getting enough calories to support that athletic performance that is desired. Fats have 9 calories per gram and are therefore more caloric. But there are 3 different types of fats:

- Saturated Fats
- Unsaturated Fats
- Polyunsaturated Fats

For the purposes here we'll group Unsaturated Fats and Polyunsaturated Fats in the same category (they are very similar) .

Saturated Fats are the ones that you don't want to eat too many of. They are the ones found in fatty meats, whole milk and dairy, fried foods etc. They are the ones that can lead to heart disease and blood disease. (I didn't mention Trans-Fats because I hope by now we are all aware of the dangers of eating them: the crap that sits on the shelves at your local Convenience Stores)

An ample supply of fats that are Unsaturated are so important for regulating optimal hormone levels in the body. We've all heard how some professional athletes are taking anabolic steroids in order to increase artificial Testosterone levels in the body, resulting in more strength, speed and athletic performance. Of course this practice is illegal, and potentially harmful for the user. The good news is that you can naturally optimize your body's hormones like it was meant to do simply by eating enough unsaturated fats.

Ok... I've gone on enough about the 'scientific stuff.' On the next page is your Athlete Grocery List...

Athlete Grocery List

Complex Carbohydrates

- Oatmeal (plain rolled oats)
- Cereals (fiber, 3 grams or more per serving, sugar, 5 grams or less per serving)
- Whole wheat or whole grain bagels
- Breads, whole wheat, whole grain
- Pita breads, whole wheat
- Rice, brown, Basmati, Jasmine, Wild rice
- Tortillas, whole wheat
- Pastas (whole wheat and vegetable)
- Potatoes all varieties Baking, Yukon Gold, Red, New, Sweet and Yam
- Dried beans, peas and lentils
- Dried bean soups

Fibrous Carbohydrates

- Asparagus
- Artichokes
- Avocado
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Celery
- Cole Slaw Mix
- Cucumbers
- Garlic
- Ginger
- Green Beans
- Jalapenos
- Lettuce -- Romaine, Mixed Greens, Spinach
- Mushrooms
- Onions

Athlete Grocery List (continued)

- Radishes
- Snow Peas
- Squash
- Tomatoes
- Zucchini
- Frozen vegetables if necessary (canned are higher in sodium)

Tip: The deep dark vibrant vegetables are full of natural vitamins and minerals.

Simple Carbohydrates

(keep stocked and in reach so it is easy to grab)

- Apples
- Apricots
- Bananas
- Berries, blackberries, blueberries, raspberries, strawberries
- Grapes
- Grapefruit
- Lemon/Lime
- Mangos
- Melons, cantaloupe, honeydew, and watermelon
- Oranges
- Nectarines
- Papaya
- Peaches
- Pears
- Plums
- Tangerines
- Canned fruit packed in its own juice or water

Athlete Grocery List (continued)

Lean Meats, Fish, Poultry

(less than 50% of the calories from fat or 93% lean)

- ___ Beef Lean Cuts: tenderloin, sirloin, filet, eye of round, flank steak for fajitas
- ___ Longhorn Beef (Lean cuts and ground longhorn compare to turkey breast in fat and cholesterol. Range fed livestock can be purchased that is naturally raised without the assistance of antibiotics and steroid injection)
- ___ Pork Lean Cuts: tenderloin roasts or butterfly pork chops for fajitas or stir-fry
- ___ Fish Fresh: sea bass, tuna, swordfish, halibut, tilapia, and trout
(Pond-raised fish is freshest, is not exposed to the environmental contaminants of public bodies of water, and does not endanger the species in the wild. If fish smells fishy it is not fresh.)
- ___ Shellfish: (low in fat high in cholesterol for those that need to limit cholesterol)
- ___ Chicken, Turkey, and Poultry: breasts and thighs (boneless/ skinless), filets, tenderloin, Cornish game hens
- ___ Ground Meats: Longhorn beef, round steak, sirloin, veal, pork loin, turkey, chicken, venison or blend of these. (Have them wrapped in 6 or 8 oz. portions to eat that day or to freeze for later. Thaw for a quick burger, spaghetti dish, taco salad, etc.)
- ___ Wild game: Ostrich, Venison (most wild game is very lean and healthy with the exception of duck which is higher in fat)
- ___ Deli Meats -- ham, roast beef, turkey or chicken breast

Remember: All visible fat should be trimmed to reduce calories and fat.

Note: The leanest cuts of meat are found in the hind and loin of livestock. The breast is the leanest part of the bird.

Milk Products, Cheese, and Eggs (These qualify as lean proteins)

- ___ Yogurt, low-fat or nonfat, plain or with fruit
- ___ Milk 1%, or skim
- ___ Soy Milk
- ___ Cheeses, Part-Skim, skim milk or low-fat (50% fat or less per serving) (2% slices melt well on bread, potatoes, vegetables, and pasta)
- ___ Cottage cheese (nonfat, 2%)
- ___ Sour cream, low-fat or nonfat (low-fat or even whole milk yogurt is a great substitute for sour cream)
- ___ Cream cheese, low-fat or fat-free
- ___ Eggs

Athlete Grocery List (continued)

Canned Goods

- ___ Tuna, chunk light in spring water (wash under clean water and drain before eating)
- ___ Chicken breast in broth
- ___ Black olives for flavor (Use as toppings for pizza, salad, sandwiches, they are a heart healthy fat source)
- ___ Beans -- black, chili, kidney, pinto, fat-free refried, garbanzo, lima
- ___ Mexican corn
- ___ Broth - chicken, vegetables and beef -- low-sodium
- ___ Broth based soups
- ___ Artichoke Hearts in water
- ___ Pasta Sauce
- ___ Pineapple
- ___ Pizza sauce
- ___ Tomato paste/sauce/crushed

Frozen, Convenience, and Snack Foods

- ___ Frozen fruit, no sugar added (peaches, strawberries, blueberries, raspberries)
- ___ Nuts-All varieties raw, roasted, shelled or unshelled. Avoid roasted in oil and salted.
- ___ Non-fat frozen yogurt - Sorbet
- ___ Popcorn (If microwave, 1-2 grams fat per serving)
- ___ Whole grain pretzels
- ___ Low-fat cookies (graham or animal crackers, ginger snaps)
- ___ Low-fat granola
- ___ Whole grain bread sticks
- ___ Bottled waters or sparkling water in glass bottles
- ___ Tea

Sauces, Condiments, and Oils

- ___ Bar-B-Q sauce (try fruit flavored varieties like Raspberry Chiptole on chicken)
- ___ Broth (chicken, beef, and vegetable)
- ___ Pickles, dill, sweet, bread and butter, pickled vegetables and relish

Athlete Grocery List (continued)

- ___ Salad dressings and mayonnaise, low-fat or nonfat
- ___ Soy sauce
- ___ Salsas and Pica de Gallo
- ___ Spaghetti and pasta sauces (use garden varieties and tomato based sauces like onion and garlic, or basil and avoid sauces with cream base or made with meats and cheeses)
- ___ Mustard - all varieties
- ___ Taco Sauce
- ___ Teriyaki sauce and marinade
- ___ Worcestershire sauce
- ___ Oils, olive, canola, sesame, peanut, avocado. and macadamia nut (different oils can add nutritional value and flavor to food)

Herbs, Seasonings and Spices

(Keep your most commonly used items in stock)

- ___ Herbs-dried basil, cilantro, dill, garlic, oregano, mint, basil, rosemary, etc.) Easy to grow fresh or if you have access to a store that sells herbs in bulk you can buy a small quantity which is fresher and cheaper than large jars.
- ___ Seasonings for flavor, seasoned, lemon, or garlic salts and peppers, curries, onion, cumin, mustard powders; poultry seasoning, cayenne or red pepper...
- ___ Spices-All spice, cardamom, cinnamon, ginger, nutmeg, saffron....

Household

- ___ aluminum foil, heavy duty
- ___ ziplock storage containers -- all sizes
- ___ plastic wrap
- ___ ziplock baggies -- gallon
- ___ ziplock baggies --sandwich
- ___ ziplock baggies --snack

A Simple Formula for High-Performance Meals

A Simple Formula for Creating High-Performance Athlete Meal Plans!

Now that you have a list of the acceptable foods for your high-performance nutrition plan you can set up your meal plan based on foods that you like and have available. The following template is for any athlete who needs to keep muscle on their body during the season as well as keep their energy up. It can be used Offseason to gain strength and muscle and In-season as well.

Here are the **“5 Steps to creating a high-performance athlete meal plan”**:

1. Choose a lean protein from the list for every meal
2. Choose a complex carbohydrate from the list for every meal
3. Choose a simple carbohydrate from the list for your breakfast meals (meals 1 and 2)
4. Choose fibrous carbohydrates from the list for your lunch and dinner meals
5. Add oils if you haven't had much fat in your meals

Here's a template that will show you just how to put it together:

Meal 1:

Lean Protein, Complex Carbohydrate, Simple Carbohydrate

Meal 2:

Lean Protein, Complex Carbohydrate, Simple Carbohydrate

Meal 3:

Lean Protein, Complex Carbohydrate, Fibrous Carbohydrate

Meal 4:

Lean Protein, Complex Carbohydrate, Fibrous Carbohydrate

Meal 5:

Lean Protein, Complex Carbohydrate, Fibrous Carbohydrates

Meal 6:

Lean Protein, Complex Carbohydrate, Fibrous Carbohydrate, Essential Fat

- Try to eat 6 times daily if possible.
- If 6 meals aren't possible then 5 meals are a must!
- You may use a Meal Replacement Drink to replace one or two meals daily

A Simple Formula for High-Performance Meals

Here are a couple of meal plans based on the template above:

High Performance Athlete Meal Plan Sample 1

Meal 1:

3 Egg Whites with 1 Whole Egg scrambled.
Whole Wheat Toast or Bagel or Wrap.
1 Banana
Water

Meal 2:

1/2 c. Ricotta Cheese
1 c. Low-fat Vanilla Yogurt
1/2 c. Frozen Berries
1/2 c. Granola
Water

Meal 3:

1 – 6 oz. Can Albacore Tuna
2 Slices Whole Wheat Bread or Pita topped with Salsa or Fresh Tomato
1 Apple
Water

Meal 4:

1-1/2 c. Black, Kidney or Navy Beans
1/4 c. Grated Low-Fat Cheese
1 Whole Wheat Tortilla
Side of Salsa
Fresh Fruit Water

Meal 5:

4 oz. Lean Ground Beef or Turkey
1 c. Whole Wheat Pasta Tomato Sauce
1 – 2 c. Frozen Vegetables
Water

Meal 6:

Prograde Lean - Meal Replacement Powder
12 oz. Water
1 TBSP Flax Seed Oil

A Simple Formula for High-Performance Meals

High Performance Athlete Meal Plan Sample 2

Meal 1:

Prograde Lean – Meal Replacement Powder
12 oz.- 1% Milk
1/2 Melon
Water

Meal 2:

1 Cup Low-fat Cottage Cheese
1 Whole Wheat Bagel
2 Tbsp Strawberry Preserves
Water

Meal 3:

4 oz. Lean Ground Beef
1 Whole Wheat Roll or 2 slices Whole Wheat Bread
Lettuce, Tomato
Water

Meal 4:

Serving of Tofu or 1 Grilled Chicken Breast
Whole Wheat Noodles
Low-Sodium Chicken Broth
Cooked Frozen Vegetables
• Stir the above into a mixture

Meal 5:

4 oz. Grilled Chicken
1 Medium Sweet Potato
Spinach Salad With Mushrooms, Peppers, Onion
1 tbsp Balsamic Vinegar
1 tbsp Olive Oil
Water

Meal 6:

3 oz. Grilled Chicken Breast
1 c. Couscous
Bell Peppers, Onions, Tomatoes Water

A Simple Formula for High-Performance Meals

Remember, these meal plans are suggestions based on the template above. You can substitute as you see fit.

The interesting thing is that portion sizes aren't that important. I've given you suggested portion sizes as a guideline. Because these foods come from natural sources, with variety and meal frequency, your body will guide you as to how much to eat to remain lean or get leaner as you get stronger. If you follow this plan your body will let you know when it needs more calories simply by increasing your appetite... due to an increased metabolism.

Whether you are looking to gain muscular weight or lose weight this plan will work... it's really quite amazing how your body is smarter than you think and will give you exactly what you need by ingesting the right macronutrients at the same time. Just be sure to try to give yourself 'visually equal portions of food' when putting food on your plate... your body will do the rest!

Fat Loss/Weight Reduction Meal Plan Formula

Some athletes are more 'endomorph.' That means they have a tendency to carry extra fat... and are really stocky. These types are usually strong but held back due to the extra body fat.

Here's a meal plan template for athletes who are trying to get leaner and build muscle. This is a pattern of eating that will help keep hard earned muscle on the body yet still allow you to lose fat.

Notice that each meal contains a lean protein. As I mentioned, protein isn't stored so regular feedings are mandatory.

Complex Carbohydrates are only consumed for the first 3 meals of each day. This will help you keep energy when you ingest them early in the day, but allow for fat-burning towards the end of the day when they are not in the meal plan.

Also notice that there are no Simple Carbohydrates in this meal plan template. As you'll recall, Simple Carbohydrates are high-sugar types that easily break down during the digestive process. They can cause instability in your blood-sugar, resulting in less- efficient fat-burning. Although fresh fruit is good for you and have vitamins and fiber, they are loaded with sugar. No matter what form it is in, sugar is sugar. Natural or not...

Fibrous Carbohydrates now get added to the last 4 meals of the day. This helps with the digestive process, and helps keep you full and satisfied during the fat-burning process.

Essential Fats are now very important. Your body's preferred source of energy is Carbohydrates. Since your consumption of Complex Carbohydrates is reduced during this meal plan and your Simple Carbohydrates are cut out completely, this forces your body to look for an alternative energy source. Fats are the second choice for energy by the body. In order to keep your hormone levels high as well as your energy, Essential Fats are now deliberately added to the diet. I've found it very effective to get in Fats through Nut Butters (Almond, Peanut) and Oils (Safflower, Olive, Flax Seed). I like to add oils to Meal Replacement Drinks because you don't taste the oil. Alternatively, I add oils to fresh green vegetables and salads.

Meal 1:
Lean Protein,

Meal 2:
Lean Protein,

Meal 3:
Lean Protein,

Meal 4:
Lean Protein,

Meal 5:
Lean Protein,

Fat Loss/Weight Reduction Meal Plan Formula

Meal 6:

Lean Protein, carbohydrates are eaten earlier in the day, during the first 2 meals, and possibly Fibrous carbohydrates can be a vegetable or a salad

Here are 2 sample meal plans for the above template: Your complex the 3rd meal.

Complex Carbohydrate (large serving)

Complex Carbohydrate (large serving)

Complex Carbohydrate (small serving or none), Fibrous Carbohydrate Fibrous Carbohydrate, Essential Fat

Fibrous Carbohydrate, Essential Fat

Fibrous Carbohydrate

Weight-Reduction Athlete Meal Plan – Sample 1

Meal 1:

1 c. Natural Whole Oatmeal

1/2 c low-fat Milk

1 – 2 scoops Whey Protein Powder

Meal 2:

3 Egg Whites

1 Whole Egg

1 Whole Wheat Bagel Water

Meal 3:

Stir fry Sliced Beef, Chicken or Tofu with a light Oriental Sauce Cooked Brown Rice or Whole Wheat Noodles

Fresh or Frozen Vegetables

Meal 4:

Prograde Lean – Meal Replacement Powder

1 tbsp Flax Seed or Olive Oil Water

Meal 5:

4 oz. Flank or Eye of Round Steak

2 Red Potatoes

Spinach Salad with Cucumber, Red and Green Pepper, Mushroom and carrots Balsamic Vinegar

1 tbsp Olive Oil

Water

Meal 6:

1 Chicken Breast 1 c. Green Beans 12 oz. Water

Fat Loss/Weight Reduction Meal Plan Formula

Meal 1:

2 Egg Whites
1 Whole Egg
100% Whole Wheat English Muffin Water

Meal 2:

Prograde Lean – Meal Replacement Drink
12 oz Water

Meal 3:

4 oz. Grilled Chicken Breast or Tofu
Side Spinach Salad, loaded with Fresh Vegetables, top with Balsamic Vinegar
Water

Meal 4:

1 – 6 oz. Can of Albacore Tuna
Salad with Lettuce, Tomato, Cucumber, Green Olives 1 tbsp Balsamic Vinegar 1 tbsp Flax Seed Oil
Water

Meal 5:

4 oz. Salmon or Lean Steak
1 c. Broccoli with Grated Parmesan Cheese and 1 tbsp Flax Olive Oil Water

Meal 6:

3 Egg Whites
1 Whole Egg Mixed Vegetables Water

These meal plans are exactly how I choose to eat when I'm trying to cut fat, or put on some lean muscle. I set them up according to my own food preferences and tastes. You might want to set them up differently according to your own food preferences and schedule.

You'll notice that I have Prograde Lean mentioned in my meal plans. I've always been a firm believer in the value of Meal Replacement Powders for athletes. I used to use a couple of the 'big name' companies for my MRP's. However, I noticed that over time their products appeared to change and get cheaper. Fortunately, a couple of colleagues of mine that were former Personal Trainers decided to start a supplement company that would only create natural, healthy supplements... and only a few of them that actually work. More on supplements later...

As I mentioned, the first template and accompanying meal plans are for anyone who wants ultimate athletic performance. You'll be able to get stronger and add functional muscle. Plus, you'll keep that alertness you need in late innings. The second template and meal plans are for those athletes who need to lose more fat and don't want to lose strength and energy.

Fat Loss/Weight Reduction Meal Plan Formula

Quick Reference Food Planner

Sometimes it's difficult to follow your exact food plan... You're going to have distractions...

One week it might be an extra tournament. The next week it might be games on two nights. Or it might be something completely different. These are the times when you might need to change things up and still stick to your meal plan.

Should Athletes Take Supplements?

Rating the 7 Supplements for Athletes

Let's start with a definition of supplements. They are products that are used in addition to proper strength and conditioning, as well as a sound nutritional program.

If the first two components of strength training and nutrition aren't right, the supplements are useless. Be realistic. If a young athlete hasn't reached physical maturity, there is only so much strength that can be gained, even if they are doing everything correctly. Youth athletes can and should strength train, just not with all-out, to-the-limit intensity required of a more mature athlete.

Concentrating on slow repetitions with lighter weights is fine for both. Youth players don't need many supplements.

Here is a list of different supplements that may have benefit for athletic performance. Notice that I've given each of them a 'grade' at the end to help you decide if you want to use them or not:

1. **Meal Replacement Powders** – As you've seen in my meal plans in a previous chapter I like Meal Replacement Powders. They are scientifically engineered foods that have a perfect combination of lean protein in the form of a complex blend, just the right amount of complex carbohydrates to allow you to keep energy while even losing fat, and most contain a bit of fiber for continued, healthy digestion. Meal Replacement Drinks are what I refer to as 'nutrient-dense' which means they give your body a lot of nutrients that it needs for proper maintenance, growth and repair without a lot of empty, unusable calories. **Rating for Athletes: A**
2. **Multi-Vitamin/Mineral** - Show me a growing body and I'll show you someone who could use a Multi-Vitamin/Mineral supplement. The sad truth is that even if you believe you're eating clean and healthy, so many of our foods are stripped of quality nutrients by the packaging process alone. This, combined with flat-out lies by the food industry make me skeptical about the quality of our actual nutrition. Therefore, it's probably a good idea to take a daily Vitamin/Mineral supplement. This can be the difference between a deficiency or not, which allows your body to function optimally. There are many brands out there. Look for one that's come from a reputable company. **Rating for Athletes: A+**
3. **100% Whey Protein Powder** – Whey protein is a fast acting protein that works quickly to help repair muscle tissue after strenuous demands are placed on the body. Whey protein isn't really a supplement as much as it is a food, simply because you can get the same nutrition from natural, whole foods. Whey protein is usually the major protein in Meal Replacement Powders. The difference is that MRP's provide a macronutrient variety such as is recommended when combining whole foods for meals. Whey protein is only one macronutrient: protein. Therefore, some athletes may find that they'd rather take an MRP to quickly get their total nutrition, while others may find that they want to get their protein through a powder but want to get their serving of complex carbohydrates through solid food. The choice is yours. **Rating for Athletes: B+**

Should Athletes Take Supplements?

4. **Creatine** – Creatine is great for athletes who are more physically mature, have already established a sound nutrition program, and are already strength training properly. It is a mineral found in red meat. It volumizes the muscle cells, causing a gain of a few pounds (so don't use it if you need to cut weight during the season), and a nice percentage of strength. It is not a steroid as some mistakenly believe. It doesn't have steroid-like effects either. However, for those training intensely it can be effective. I like it for offseason training when nutrition is optimal. It is also very important to stay extra-hydrated when taking a creatine supplement. Creatine works best when taken with a simple carbohydrate such as fruit juice. This helps deliver it to the muscle cells. It may or may not have benefit towards recuperation from practices and training. **Rating for Athletes: A**
5. **L-Glutamine** – L-Glutamine is an amino acid. In fact, it is the most-abundant amino acid in our bodies. It makes up about 60% of muscle protein. It is perfect for mature athletes to take in addition to a strength, conditioning, and nutrition program. It allows the body to 'spare' muscle when cutting weight. It takes a good month or more to get into the system, unlike creatine which is in your system in days. I really think it gives you some help during the recovery process from intense training, practices and the demands of the season. It is also pretty cheap as far as cost which bumps it up in the ratings a bit. **Rating for Athletes: B-**
6. **Energy Drinks** – This list of 'supplements' just wouldn't be complete without a blurb about energy drinks. I'm not sure if it's the 'rebel' advertising or the 'cheap thrill' of getting 'jacked up' but I've known tons of athletes who really create quite a personal addiction to these cocktails. I think the word energy is misleading. True energy in the body comes from calories. Energy drinks create a stimulus in the nervous system and give a 'false-sense of energy.' Guess what? Cocaine does the same thing... and you wouldn't want athletes taking Cocaine would you?? I think energy drinks suck and we just might all realize that in the next few years when the Food and Drug Administration (FDA) finally catches up to them and realizes the true potential dangers. When we're trying to build long-term success in a strong healthy body for athletic performance we begin at the nutritional level. Enough said... **Rating for Athletes: F**
7. **Protein Bars** – My wife and I go back and forth about Protein Bars. She loves to buy the Atkins Bars that say that they are high protein. She believes they are truly healthy. So do most people. Honestly, they're not much better than candy bars. Same is true for 'most' protein bars. They are processed for packaging which makes them a less- than- natural food. There have also been numerous 'busts' for flat-out lies about what's actually in the product i.e. Stating that there is more protein or less sugar than there actually is. I don't buy it. Most bars suck. The only bars I like are Prograde Cravers (As I mentioned previously, the Prograde company is run by a couple of good guys that actually take pride in giving the best quality product. I stand behind their supplements) The Prograde Cravers are all natural despite the packaging element about all bars. They are truly the best-tasting Protein Bar I've ever had. So overall I say that if you make your own protein bars or get Prograde Cravers the **Rating for Athletes is: A** If you rely on most bars that are out there the **Rating for Athletes is: C**

Final Thoughts...

I hope you've come to realize just how important proper nutrition is to growth and development as well as overall athletic potential...

This guide was written to give you a start on reaching true athletic potential.

Making sure you're getting in the right foods at the right times can be much more difficult than all the practices, tournaments and training itself for some athletes. I understand...

But if you treat your body like a high-performance sports car it will respond like one. Do you want 'compact car' performances or do you want 'Nitrous-charged' performances from your body?

Eating correctly is learned behavior. It isn't difficult... it just goes against the 'norm' for many people. If that's the case... it's time to be re-trained. You have one body for life, and you need to treat it like your Temple.

If you have questions about athlete nutrition please leave me a post on our blog:

www.youthathletetraining.com