

INVOLVING YOUR ATHLETE IN FUELING

You can use this quick guide to empower your athlete in taking ownership of their nutrition strategy.



Strategy 1: Team Up for Meal Planning

Involve your athlete in meal planning by offering a few balanced options for them to choose from that meet their nutritional needs.

If they suggest something different, don't dismiss it. Instead, collaborate to adjust their idea so it's balanced and supports their performance.



Strategy 2: Grocery Store Outings

Take your athlete along to the grocery store and let them pick out new ingredients or foods they want to try.

Use this time to teach them how to read labels, choose fresh items, and find budget-friendly options.



Strategy 3: Get Them in the Kitchen

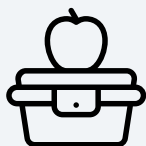
Let your athlete help with meal prep. Depending on their age, they could chop or peel vegetables, stir a stew, build a salad, or even prepare an entire component of the meal.

Make it fun by turning it into a weekly event - Fridays could become food date nights. Try making pizzas from scratch, building taco bars, or setting up a DIY burger buffet.

Make it work for your family's routine.

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Strategy 4: Leading their Lunchbox

If you're still packing your athlete's lunch, it's a great way to model healthy choices.

But when they're ready, invite them to pack their own. Provide options and guide them on portion sizes for a balanced meal.



Strategy 5: Snack Time Autonomy

Your athlete is less likely to stick to their nutrition plan if forced to eat foods they don't enjoy. Instead, let them choose their snacks.

Keep a snack basket in the car with recovery-friendly options, giving them the freedom to pick what they feel like while still fueling their recovery.



Strategy 6: New Food Exploration

Encourage your athlete to try new foods without forcing them.

Make it fun by introducing one new food each week.

Let them pick something they've never tried before at the store. If they don't like it, no problem! If they do, they'll feel proud to have discovered something new.

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Food for Thought

Before encouraging your athlete to take on more responsibility with nutrition, take a moment to **consider what's realistic for them and your family.**



Their age, schedule, interest level, and ability to prepare meals all affect how involved they can be.

These strategies are a great starting place, but the real magic happens when you **tailor them to your athlete and what works best for your family.**