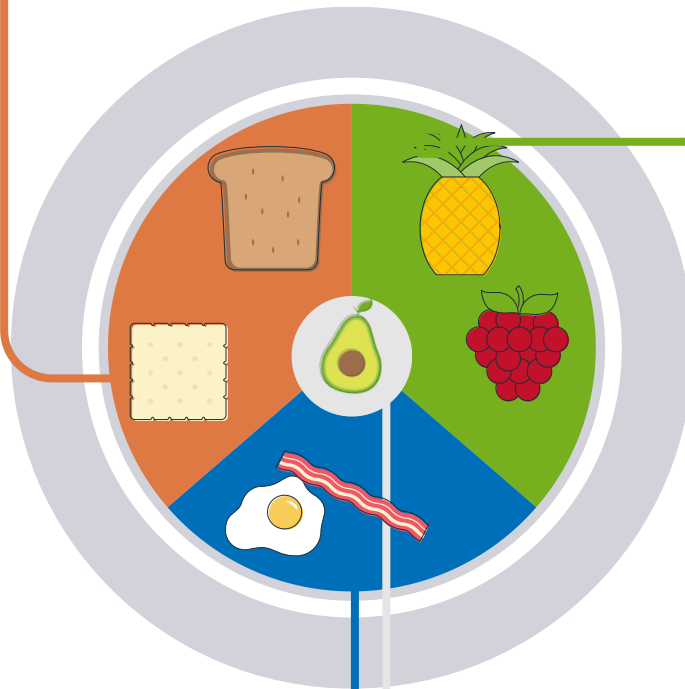
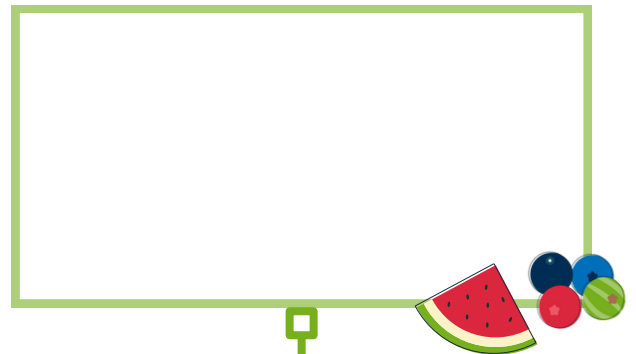


Plate Planner: Breakfast

Choose your Grains & Starches:



Choose your Fruit & Vegetables:



Choose your Protein:



Choose your Healthy Fat:

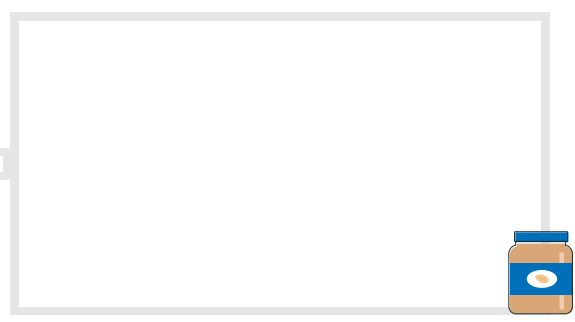
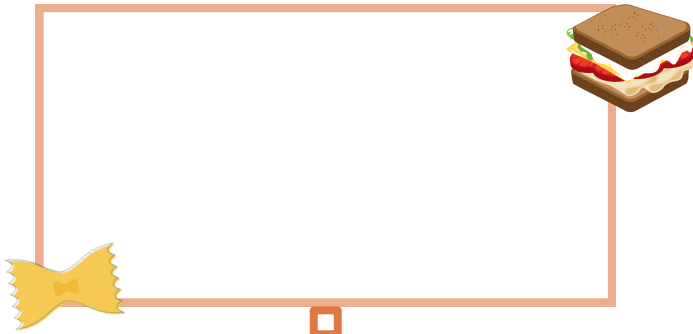
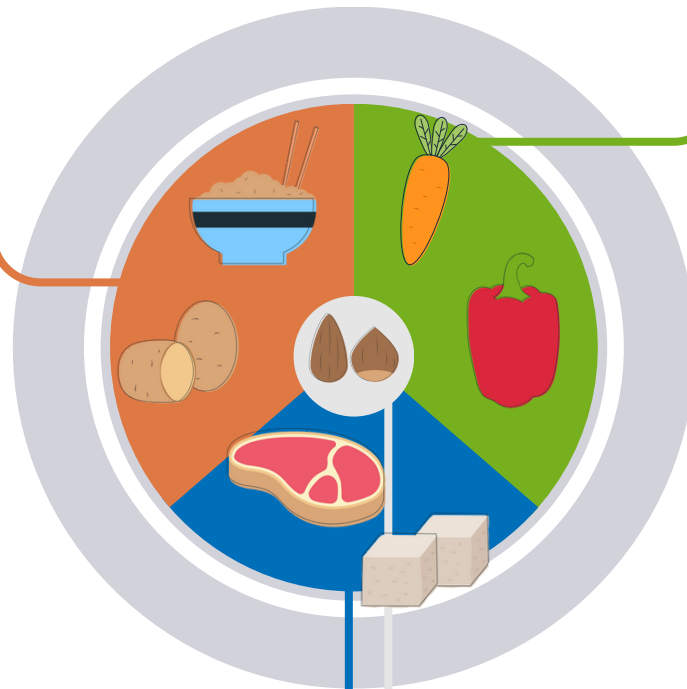


Plate Planner: Lunch

Choose your Grains & Starches:



Choose your Fruit & Vegetables:



Choose your Protein:



Choose your Healthy Fat:

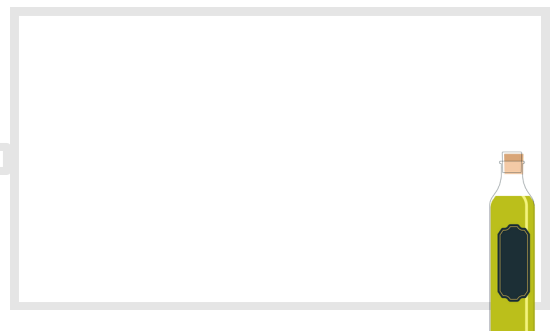
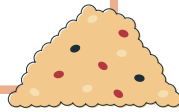
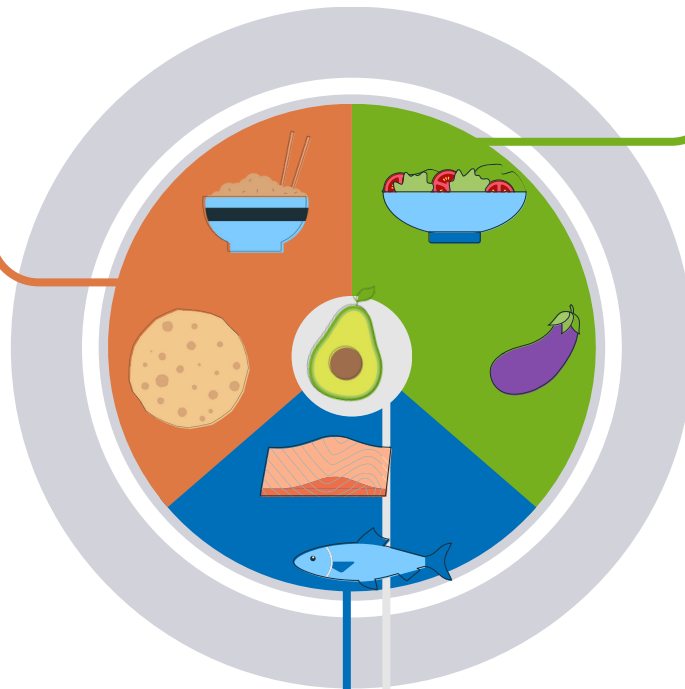


Plate Planner: Dinner

Choose your Grains & Starches:



Choose your Fruit & Vegetables:



Choose your Protein:



Choose your Healthy Fat:



High Performance Shopping List



Grains & Starches

- | | |
|---|---|
| ☐ Quinoa | ☐ Beans - any type |
| ☐ Rice - white or brown | ☐ Peas - canned/frozen/fresh |
| ☐ Pasta - white or whole grain | ☐ Lentils |
| ☐ Oatmeal | ☐ Crackers |
| ☐ Bread - any type | ☐ Rice cakes |
| ☐ Tortilla wrap - white or whole grain | ☐ |
| ☐ Potatoes | ☐ |
| ☐ Sweet potatoes | ☐ |
| ☐ Corn - canned, frozen or on the cob | ☐ |
| ☐ Butternut squash | ☐ |
| ☐ Beets | ☐ |



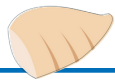
Fruit & Vegetables

- | | |
|--|--------------------------------------|
| ☐ Berries - frozen, fresh or pureed | ☐ Melon |
| ☐ Apples | ☐ Grapes |
| ☐ Bananas | ☐ Plums |
| ☐ Pineapple | ☐ Peaches |
| ☐ Oranges | ☐ Grapefruit |
| ☐ Pears | ☐ Guava |
| ☐ Tomatoes | ☐ |
| ☐ Kiwi | ☐ |
| ☐ Papaya | ☐ |
| ☐ Watermelon | ☐ |
| ☐ Cherries | ☐ |
| <hr/> | |
| ☐ Broccoli | ☐ Peas |
| ☐ Asparagus | ☐ Cauliflower |
| ☐ Spinach | ☐ Mushroom |
| ☐ Kale | ☐ Zucchini |
| ☐ Lettuce | ☐ Cabbage |
| ☐ Carrots | ☐ Cucumber |
| ☐ Bell peppers | ☐ |
| ☐ Brussel sprouts | ☐ |



Remember to customize your shopping list based on your athlete's dietary requirements.

High Performance Shopping List



Protein

- ☐ Eggs
- ☐ Fish - fresh/frozen/canned
- ☐ Chicken - breast/smoked/sliced/ground
- ☐ Turkey - breast/smoked/sliced/ground
- ☐ Pork - loin/tenderloin/ham slices
- ☐ Lean ground beef (less than 10% fat)
- ☐ Beef jerky
- ☐ Steak - sirloin/filet/flank
- ☐ Yogurt
- ☐ Milk - skim/fat-free/whole
- ☐ Cottage cheese

- ☐ Quinoa
- ☐ Beans
- ☐ Tofu
- ☐ Soy milk
- ☐ Nuts & Seeds
- ☐
- ☐
- ☐
- ☐
- ☐

Quality protein sources for plant-based eaters



Healthy Fats

- ☐ Chia seeds
- ☐ Flax seeds
- ☐ Pumpkin seeds
- ☐ Nut butter
- ☐ Hummus
- ☐ Avocado
- ☐ Cheese
- ☐ Nuts

- ☐ Olive oil
- ☐ Avocado oil
- ☐ Salad dressing
- ☐ Low-fat mayonnaise
- ☐
- ☐
- ☐
- ☐
- ☐



Here is space for more items:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Remember to customize your shopping list based on your athlete's dietary requirements.

Portion Guide

GRAINS & STARCHES

1 SERVING = 1 FIST

What does 1 serving size look like?

Portion Goal:
2 fists at every meal



- | | |
|----------------------------|------------------------|
| ½ cup quinoa | 1 small potato |
| ½ cup white/brown rice | 1 small sweet potato |
| ½ cup pasta | 1 cup butternut squash |
| ½ cup oatmeal | 1 corn on the cob |
| 2 slices of bread | ½ cup beans |
| 1 wrap-size flour tortilla | ½ cup lentils |
| 2 medium corn tortillas | 3 rice cakes |

What does 1 serving size look like?

FRUIT

- | | |
|--------------------|-----------------|
| 1 cup blueberries | 1 apple |
| 1 cup raspberries | 1 small banana |
| 1 cup strawberries | 1 cup pineapple |

VEGETABLES

2 cups raw or 1 cup cooked

- | | | |
|-----------|------------------|--------------|
| Broccoli | Carrots | Zucchini |
| Asparagus | Grape fruit | Snap peas |
| Spinach | Brussels sprouts | Mushrooms |
| Kale | Cauliflower | Bell Peppers |



FRUIT & VEGETABLES

1 SERVING = 1 FIST

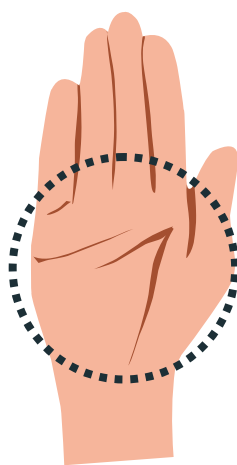
Portion Goal:
2 fists at every meal

PROTEIN

1 SERVING = 1 PALM

What does 1 serving size look like?

Portion Goal:
1 palm at every meal



- | | |
|---------------------|----------------------|
| 3 oz chicken breast | 4 oz ground turkey |
| 3 oz lean beef | 5 slices deli turkey |
| 4 oz salmon | 4 large eggs |
| 3 oz tuna | 1 cup Greek yogurt |
| 15 shrimps | ½ block tofu |
| | ½ block tempeh |

Plant-based proteins

(otherwise classified as grains and starches)

- 1.5 cups lentils
- 1.5 cups beans
- 1 cup edamame

HEALTHY FATS

1 SERVING = 1 THUMB

What does 1 serving size look like?

- | | |
|----------------------|-------------------------|
| 2 TBSP flax seeds | 1 TBSP avocado oil |
| 2 TBSP pumpkin seeds | 2 TBSP salad dressing |
| 1 TBSP nut butter | 2 TBSP low-fat cheese |
| 2 TBSP hummus | 1/4 avocado |
| 1 TBSP olive oil | 1 small handful of nuts |

Portion Goal:
1 thumb at every meal



Remember to customize your shopping list based on your dietary requirements.

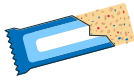
Snacking for Champions

Sports Snacks

Stuck on what to grab for your athlete's sports snack?
Here's a helpful list of options to consider to keep your athlete fueled.

FLUIDS	WATER, SPORTS DRINK	 
---------------	---------------------	---

PRE-SPORT SNACK

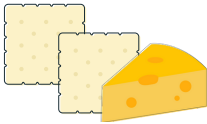
WHEN TO EAT	30 - 60 minutes before sport.		
WHAT TO EAT	SIMPLE CARBS, FLUIDS, ELECTROLYTES		
EXAMPLES	FRUIT 	GRANOLA BAR 	FRUIT SNACKS 
	PRETZELS 	PB + WHITE BREAD 	

MID-SPORT SNACK

WHEN TO EAT	When training or competition is 60+ minutes.		
WHAT TO EAT	SIMPLE CARBS, FLUIDS, ELECTROLYTES		
EXAMPLES	PRETZELS 	ORANGE SLICES 	APPLE SAUCE 
	DRIED FRUIT 	ENERGY GELS 	GRAPES 

Snacking for Champions

POST-SPORT SNACK

WHEN TO EAT	30-60 minutes after sport.	
WHAT TO EAT	CARBS, PROTEIN, FLUIDS	
EXAMPLES	CRACKERS + CHEESE	CHOCOLATE MILK + BANANA
		
EXAMPLES	GRILLED CHICKEN WRAP	GREEK YOGURT AND BERRY SMOOTHIE
		



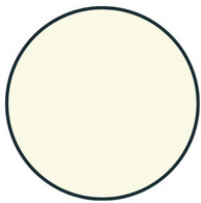
TOP TIP

Your athlete shouldn't try new snacks or drinks on the day of a competition! They should test them out on practice days first.

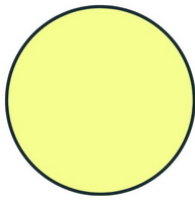
Hydration Tracker

For the most accurate results, track your first pee of the day.

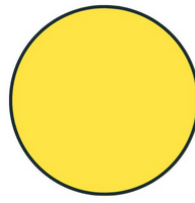
What color was your urine before practice today?



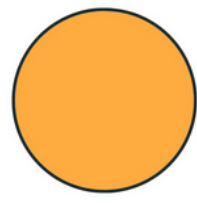
Transparent
Drink less water



Lemonade
You're on track



Yellow
Drink 1-2 cups of
water before
practice



Honey
Drink 1-2 cups
of electrolyte
fluids

How much did you drink today?

What did you drink today?

How did you feel physically today?

What can you do differently tomorrow?

Hydration Tracker

Calculate Your Athlete's Basic Hydration Needs

$$\frac{\text{Weight in pounds}}{2} = \text{minimum daily hydration requirement (in fl oz)}$$

Calculate Your Athlete's Additional Hydration Needs

$$\text{Training hours} \times 34 = \text{minimum additional hydration requirement (in fl oz)}$$



Remember to adjust these amounts according to your unique needs.

Use the hydration tracker to guide your decision to increase or decrease your intake.

SUPPLEMENT SAFETY

RED FLAGS + GREEN FLAGS

Use this handy cheat sheet to make sure you're making the right supplement choice.

NO THIRD-PARTY CERTIFICATION

"Approved" is not good enough.
These organizations **can't** approve supplements:

- WADA
- FDA
- USADA

OUTRAGEOUS CLAIMS

- Endurance **enhancer**
- Testosterone **booster**
- **Super** focus
- **Replacement** or **alternative** to prescription medication

ONLY AVAILABLE ONLINE

Some companies avoid regulations by having only an online presence.

SECRET FORMULA

Avoid products that claim:

- "Top secret formula"
- "Proprietary blend"
- "Scientific breakthrough"

ENDORSED BY A COACH OR TRAINER

Is the product being endorsed by a **coach** or **trainer**, or is it backed by **medical professionals**?

LOOK OUT FOR THESE SEALS:



NSF Certified
for Sport



Informed
Sport

These seals certify that supplements have undergone thorough testing, ensuring accurate labeling and are free from banned substances.

CHECK THE LABEL CAREFULLY:



USP



ConsumerLab

These seals certify that supplements have undergone thorough testing, ensuring accurate labeling.



Note: these supplements may still contain **banned substances**, check the label carefully.

EASY TO UNDERSTAND INGREDIENT LIST

All the ingredients are **recognizable**, listed by their **common name**, and have well-documented **nutritional value**.

ALWAYS CHECK
WITH A MEDICAL
PROFESSIONAL
BEFORE STARTING
A SUPPLEMENT

VISIT THESE RESOURCES
FOR MORE:

- [Supplement Connect](#)
- [FDA 101: Dietary Supplements](#)
- [NSF Certified for Sport](#)
- [Informed Sport](#)

Always check the ingredient list on your athlete's supplements to ensure it contains no banned substances. Visit [USADA](#) for a list of substances banned by the World Anti-Doping Agency.