

FUEL THE FAM

Real Food Strategies for Peak Performance

BY VIRGINIA SUNSHINE



*The Busy Parent's Guide to Feeding
Track & Field Athletes*





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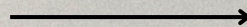
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INTRODUCTION

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Hello!

I'M VIRGINIA SUNSHINE

I'm Virginia Sunshine, a holistic nutrition expert and former private chef for NFL athletes. For over 18 years, I've been helping families fuel peak performance—both on the track and in everyday life.

My background includes working closely with professional football players, where I learned firsthand that the difference between good and great often comes down to what's on the plate. I've seen what happens when elite athletes prioritize real food—and what happens when they don't.

I've worked with dozens of families, helping them navigate the unique nutritional demands of training, and competing at a high level.

My approach is rooted in education, accountability, and real-world application. I believe that proper nutrition doesn't require perfection—just consistency and the right systems in place.

I help families with meal planning for athletic performance, recovery nutrition, managing picky eaters, budget-friendly clean eating strategies, and breaking free from the cycle of processed foods and last-minute drive-thru runs.

What sets me apart is my commitment to being accessible and honest with my clients. I don't believe in one-size-fits-all meal plans or unrealistic expectations. Instead, I work collaboratively with families to build sustainable habits that support both athletic goals and family wellbeing.


I hold certifications in Holistic Nutrition, Reiki, Yoga Teacher Training, Dance Fitness & Essential Oils, and stay current on the latest research in sports nutrition, gut health, and performance optimization.


When I'm not coaching athletes or families or developing nutrition programs, I'm writing my book (coming soon!), creating online programs and speaking.

If you're ready to give your athlete a competitive edge through proper nutrition—without the overwhelm—I'm here to help.



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YOUR NUTRITION coach

Here's the truth: knowing what to do and actually **DOING** it are two completely different things.

You already know your athlete should eat better. You've heard it a million times. But between work, practice schedules, multiple kids, and life? Good intentions don't always translate to good meals.

That's where I come in.

I'm not here to hand you a meal plan and disappear. Although, there *IS* a meal plan ;)

I'm here to be your accountability partner, your problem-solver, and your "been there, done that" guide through the chaos of fueling a track athlete.

Here's what working together actually looks like:

ACCOUNTABILITY You get someone in your corner who checks in, troubleshoots, and keeps you moving forward. Not in a judgy way—in a "we're figuring this out together" way. Because let's be real: it's easy to skip meal prep on Sunday when nobody's watching. It's harder when you know I'm asking "how'd it go?" on Monday.

EDUCATION I teach you the **WHY** behind the what. Why protein matters post-workout. Why seed oils are sabotaging recovery. How to read a food label in 10 seconds flat. What to grab at Chipotle when you're on the road and Chick-fil-A is the only other option.

This isn't theory. It's real-world, applicable knowledge you can **USE**—today, tomorrow, and five years from now when your kid's off to college and still texting you "what should I eat before my meet?"

THE BOTTOM LINE:

You don't me to tell you kale is healthy. You already know that.

But you might need me to help make this **DOABLE**. To give you the systems, shortcuts, and support that turn good intentions into actual results.

Because your athlete is training like a champion. They deserve to be fueled like one.

And you deserve to feel confident that you're giving them every advantage possible—without losing your mind in the process.

CONTACT ME TODAY FOR YOUR CONSULTATION



CHAPTER 01: WHY QUALITY MATTERS

The Competitive Edge Your Athlete Needs

01

THE TRUTH ABOUT SHORTCUTS

YOUR ATHLETE TRAINS LIKE A PRO. THEY SHOW UP TO EVERY PRACTICE, PUSH THROUGH EVERY WORKOUT, COMPETE AT AN ELITE LEVEL. BUT IF THEY'RE FUELING WITH PROCESSED, INFLAMMATORY FOODS, THEY'RE WORKING TWICE AS HARD FOR HALF THE RESULTS. HERE'S WHAT MOST PARENTS DON'T REALIZE: FOOD IS NOT THE PLACE TO SKIMP ON YOUR INVESTMENT.

THE HIDDEN COST OF "CONVENIENT" FOODS

SEED OILS (THE INFLAMMATION BOMB)

MOST ROTISSERIE CHICKENS, PACKAGED SNACKS, AND FAST FOOD ARE COOKED IN SEED OILS—CANOLA, SOYBEAN, VEGETABLE OIL. THE PROBLEM: THESE HIGHLY PROCESSED OILS CREATE INFLAMMATION IN THE BODY.

WHAT THAT MEANS FOR YOUR ATHLETE:

- SLOWER RECOVERY TIMES
- MORE INJURIES (STRESS FRACTURES, PULLED MUSCLES)
- BRAIN FOG AND DECREASED FOCUS
- HORMONAL IMBALANCES

YOUR ATHLETE IS TEARING THEIR MUSCLES DOWN EVERY SINGLE DAY IN TRAINING. SEED OILS MAKE IT HARDER FOR THEIR BODY TO REPAIR. IT'S LIKE BUYING THEM GREAT RUNNING SHOES, THEN MAKING THEM RUN ON BROKEN GLASS.

SODIUM BOMBS & PRESERVATIVES (THE FAKE FUEL)

DELI MEAT, PRE-PACKAGED SNACKS, AND FAST FOOD ARE LOADED WITH SODIUM NITRATES, PRESERVATIVES, AND CHEMICALS THE BODY DOESN'T RECOGNIZE AS FOOD.

THE PROBLEM: YOUR KID'S LIVER HAS TO WORK TO FILTER THAT STUFF OUT.

WHAT THAT MEANS FOR YOUR ATHLETE:

- ENERGY THAT COULD GO TOWARD RECOVERY IS SPENT DETOXING PROCESSED JUNK
- DISRUPTED GUT MICROBIOME (WHICH CONTROLS IMMUNITY, MOOD, ENERGY, INFLAMMATION, AND NUTRIENT ABSORPTION)
- POOR NUTRIENT ABSORPTION EVEN FROM THE GOOD FOODS THEY EAT

THEIR YOUNG BODIES CAN METABOLIZE IT... FOR NOW. BUT THAT DOESN'T MEAN IT'S NOT DOING DAMAGE.

MYCOTOXINS (THE HIDDEN TOXIN IN "HEALTHY" FOODS)

PEANUT BUTTER SOUNDS HEALTHY, RIGHT?

THE PROBLEM: PEANUTS GROW UNDERGROUND AND ARE PRONE TO MOLD. THAT MOLD PRODUCES MYCOTOXINS—TOXINS THAT CAN CAUSE:

- BRAIN FOG
- FATIGUE
- HORMONAL DISRUPTION
- LIVER STRESS

BETTER OPTIONS: ALMOND BUTTER, SUNFLOWER SEED BUTTER, CASHEW BUTTER

SAME CONVENIENCE. BETTER FUEL.

THE COMPETITIVE ADVANTAGE

HERE'S WHAT SEPARATES GOOD ATHLETES FROM GREAT ONES:

ATHLETES WHO EAT CLEAN:

- ✓ RECOVER FASTER
- ✓ GET INJURED LESS
- ✓ STAY SHARP LONGER IN COMPETITION
- ✓ DON'T HIT THE WALL MID-SEASON
- ✓ DON'T BURN OUT

WHEN YOU'RE TALKING ABOUT TENTHS OF A SECOND? WHEN YOU'RE TALKING ABOUT STATE CHAMPIONSHIPS, COLLEGE SCHOLARSHIPS, PODIUM FINISHES?

THAT ADVANTAGE MATTERS.

WHILE THEIR COMPETITORS ARE EATING FAST FOOD AND CONVENIENCE SNACKS, YOUR ATHLETE IS FUELING WITH REAL FOOD. THAT'S A COMPETITIVE EDGE YOU CAN'T BUY ANYWHERE ELSE.

SAME CONVENIENCE. BETTER FUEL.



THE INVESTMENT MINDSET

YES, ORGANIC CHICKEN COSTS MORE THAN ROTISSARY.
YES, GRASS-FED BEEF COSTS MORE THAN CONVENTIONAL.
YES, REAL ALMOND BUTTER COSTS MORE THAN JIF.

BUT CONSIDER THIS:

HOW MUCH ARE YOU ALREADY SPENDING ON:

- SPORTS DRINKS?
- SUPPLEMENTS?
- PROTEIN POWDERS?
- DOCTOR VISITS FOR INJURIES?
- PHYSICAL THERAPY?

WHAT IF YOU COULD PREVENT HALF OF THAT BY JUST FEEDING THEM BETTER FROM THE START?
WHAT IF THE DIFFERENCE BETWEEN A PR AND A PLATEAU IS LITERALLY WHAT'S ON THEIR PLATE?

THE BOTTOM LINE

YOU ARE WHAT YOU EAT. SO DON'T BE CHEAP, EASY, OR FAST.

YOU WOULDN'T BUY YOUR KID CHEAP SHOES FOR TRACK. YOU INVEST IN THE GOOD ONES—THE ONES THAT SUPPORT THEIR FEET, PREVENT INJURY, HELP THEM PERFORM.

YOU INVEST IN COACHING, TRAINING GEAR, TRAVEL TO MEETS, PHYSICAL THERAPY WHEN THEY NEED IT.

DIET IS PART OF THE CARE TEAM FOR YOUR ATHLETE. IT'S THAT IMPORTANT.

ACTUALLY—IT MIGHT BE THE MOST IMPORTANT PART.

BECAUSE ALL THE COACHING, ALL THE TRAINING, ALL THE EXPENSIVE GEAR IN THE WORLD CAN'T FIX WHAT'S HAPPENING INSIDE THEIR BODY IF THE FUEL IS WRONG.

YOUR BODY IS A SYSTEM

EVERYTHING IS CONNECTED.

- GUT HEALTH AFFECTS HORMONE HEALTH
- HORMONE HEALTH AFFECTS ENERGY AND RECOVERY
- ENERGY AND RECOVERY AFFECT PERFORMANCE
- PERFORMANCE AFFECTS CONFIDENCE, MENTAL HEALTH, AND RESULTS

GARBAGE IN, GARBAGE OUT.

THE MORE REFINED THE DIET, THE MORE ADVANTAGE YOUR KID HAS OVER THE COMPETITION.

WHAT'S NEXT>>>

THE REST OF THIS GUIDE WILL SHOW YOU EXACTLY HOW TO MAKE CLEAN EATING DOABLE, AFFORDABLE, AND SUSTAINABLE FOR YOUR BUSY FAMILY. YOU'VE GOT THIS. AND YOUR ATHLETE IS LUCKY TO HAVE YOU IN THEIR CORNER.

LET'S FUEL SOME CHAMPIONS. 🔥

"Fast food, slow results. Real food, real performance. You choose."

CHAPTER 02: THE CLEAN PANTRY CHECKLIST

What to Stock, What to Toss

02

TO STOCK:

- PASTURE-RAISED EGGS (VITAL FARMS OR LOCAL FARM)
- WILD-CAUGHT CANNED SALMON (GREAT FOR QUICK PROTEIN)
- WILD-CAUGHT SARDINES (POWERHOUSE NUTRITION, MIX INTO PASTA OR SALADS)
- ORGANIC, NO-ANTIBIOTIC CHICKEN BREASTS OR THIGHS (BATCH COOK ON SUNDAYS)
- GRASS-FED GROUND BEEF (TACOS, BURGERS, MEATBALLS, PASTA SAUCE)
- ORGANIC GREEK YOGURT, FULL-FAT, PLAIN (ADD HONEY/FRUIT YOURSELF)
- HEMP SEEDS (PROTEIN + OMEGAS, ADD TO SMOOTHIES/OATMEAL)
- CHIA SEEDS (PROTEIN + FIBER, GREAT FOR OVERNIGHT OATS)
- ORGANIC DELI TURKEY (APPLEGATE BRAND, NITRATE-FREE)
- ORGANIC COTTAGE CHEESE (HIGH PROTEIN SNACK)

TO TOSS:

- CONVENTIONAL ROTISSERIE CHICKEN (COOKED IN SEED OILS)
- CHEAP DELI MEAT (NITRATES, PRESERVATIVES, SODIUM BOMBS)
- FLAVORED YOGURTS (SUGAR BOMBS IN DISGUISE)
- CONVENTIONAL EGGS (HORMONES, ANTIBIOTICS)

CARBS (THE GOOD STUFF)

TO STOCK:

- ORGANIC STEEL-CUT OR ROLLED OATS (NOT INSTANT PACKETS)
- SWEET POTATOES (ROAST A BUNCH ON SUNDAY, USE ALL WEEK)
- BROWN RICE (COOK BIG BATCHES, STORE IN FRIDGE)
- QUINOA (COMPLETE PROTEIN + CARB)
- ORGANIC WHOLE GRAIN BREAD (EZEKIEL, DAVE'S KILLER BREAD)
- ORGANIC PASTA (YES, PASTA IS FUEL!)
- FRESH FRUIT: BANANAS, APPLES, BERRIES, ORANGES, GRAPES
- FROZEN ORGANIC BERRIES (CHEAPER THAN FRESH, PERFECT FOR SMOOTHIES)
- DATES (NATURAL ENERGY, GREAT FOR HOMEMADE ENERGY BALLS)

TO TOSS:

- INSTANT OATMEAL PACKETS (SUGAR + PRESERVATIVES)
- WHITE BREAD (NO NUTRITIONAL VALUE)
- SUGARY CEREALS
- CONVENTIONAL PASTA (IF YOU CAN AFFORD ORGANIC, UPGRADE)

FATS (THE ESSENTIALS)

TO STOCK:

- ALMOND BUTTER (NO PEANUT BUTTER—MYCOTOXINS)
- SUNFLOWER SEED BUTTER (GREAT PEANUT BUTTER ALTERNATIVE)
- CASHEW BUTTER
- AVOCADOS (BUY FIRM, LET RIPEN ON COUNTER)
- ORGANIC EXTRA VIRGIN OLIVE OIL (COOKING AND DRESSING)
- COCONUT OIL (GREAT FOR HIGH-HEAT COOKING)
- RAW ALMONDS
- CASHEWS
- PUMPKIN SEEDS
- SUNFLOWER SEEDS
- WALNUTS (OMEGA-3S!)
- DARK CHOCOLATE CHIPS (70%+ CACAO, FOR TRAIL MIX OR TREATS)



TO TOSS:

- PEANUT BUTTER (MYCOTOXIN RISK)
- MARGARINE (TRANS FATS, PROCESSED GARBAGE)
- VEGETABLE OIL, CANOLA OIL, SOYBEAN OIL (INFLAMMATORY SEED OILS)
- CONVENTIONAL BUTTER (IF YOU CAN AFFORD GRASS-FED, UPGRADE)

GRAB-AND-GO SNACKS (THE CLEAN ONES)

TO STOCK:

- HOMEMADE TRAIL MIX (ALMONDS, CASHEWS, PUMPKIN SEEDS, DRIED MANGO, DARK CHOCOLATE)
- ORGANIC BEEF OR TURKEY JERKY (EPIC, CHOMPS, PALEOVALLEY BRANDS)
- RICE CAKES (PAIR WITH ALMOND BUTTER)
- HUMMUS (REAL HUMMUS, NOT SHELF-STABLE)
- PRE-CUT VEGGIES (CARROTS, BELL PEPPERS, CUCUMBERS)
- STRING CHEESE (ORGANIC)
- HARD-BOILED EGGS (BATCH COOK ON SUNDAY)
- ORGANIC TORTILLA CHIPS + GUACAMOLE
- LARABARS OR RXBARS (MINIMAL INGREDIENTS, CHECK LABELS)
- SEAWEED SNACKS
- POPCORN (ORGANIC KERNELS, POP AT HOME WITH COCONUT OIL)

TO TOSS:

- TAKIS, DORITOS, CHEETOS (SEED OILS, ARTIFICIAL EVERYTHING)
- GRANOLA BARS THAT ARE BASICALLY CANDY BARS
- GATORADE (SUGAR BOMB, USE COCONUT WATER OR WATER WITH SEA SALT)
- FRUIT SNACKS (JUST CANDY)
- CONVENTIONAL CRACKERS (SEED OILS)

HYDRATION ESSENTIALS

TO STOCK:

- FILTERED WATER (HALF YOUR BODY WEIGHT IN OUNCES DAILY)
- COCONUT WATER (NATURAL ELECTROLYTES, POST-WORKOUT)
- ORGANIC HERBAL TEAS
- SEA SALT OR HIMALAYAN PINK SALT (ADD A PINCH TO WATER FOR MINERALS)
- LEMONS/LIMES (ADD TO WATER)

TO TOSS:

- SPORTS DRINKS (GATORADE, POWERADE—SUGAR BOMBS)
- ENERGY DRINKS (RED BULL, MONSTER—FAST CRASH)
- SODA (OBVIOUS)
- JUICE BOXES (EVEN "100% JUICE" IS A SUGAR SPIKE)



Improved

HEALTH AND WELLNESS

✓ BONUS: MEAL PREP ESSENTIALS

TO STOCK:

- [] Glass meal prep containers (BPA-free)
- [] Mason jars (overnight oats, smoothies, salads)
- [] Reusable snack bags
- [] Good quality blender (smoothies, energy ball mixing)
- [] Sheet pans (for roasting veggies and proteins)

🛒 WHERE TO SHOP

BEST BANG FOR YOUR BUCK:

- Costco (organic eggs, nuts, frozen berries, organic chicken, lamb, ground bison, wild smoked salmon, eggs, butter)
- Thrive Market (online, wholesale prices on organic/clean brands)
- Local farmers markets (eggs, meat, seasonal produce)
- Aldi or Trader Joe's (surprisingly good organic options at lower prices; herbs, berries)
- Sam's Club (bulk organic items)

BRANDS TO TRUST:

- Vital Farms (eggs)
- Applegate (deli meat, hot dogs)
- Organic Valley (dairy)
- Dave's Killer Bread (bread)
- Epic or Chomps (jerky)
- Simple Mills (crackers, baking mixes)
- Thrive Market house brand (affordable clean options)

PROTEINS:

- Pasture-raised eggs
- Wild-caught salmon (canned)
 - Organic chicken
- Grass-fed ground beef
- Greek yogurt (plain, full-fat)
 - Hemp seeds
 - Chia seeds

CARBS:

- Organic oats
- Sweet potatoes
- Brown rice
- Whole grain bread
- Bananas
- Apples
- Berries

FATS:

- Almond butter
- Avocados
- Olive oil
- Coconut oil
- Almonds
- Pumpkin seeds

SNACKS:

- Hummus
- Rice cakes
- Organic jerky
- Dark chocolate
- Carrots/cucumbers

HYDRATION:

- Coconut water
- Sea salt
- Lemons
- Mineral Packets

SNACKS:

- Sprouted Seeds
- That's IT Bars
- Sardines
- Edamame
- Simple Mills Crackers



CHAPTER 03: SUNDAY MEAL PREP POWER HOUR

The Strategy: Cook once, eat three times.

03

THE 60-MINUTE GAME PLAN

PREP WORK (10 MINUTES)

- PREHEAT OVEN TO 425°F
- PULL OUT SHEET PANS, CONTAINERS, CUTTING BOARD
- WASH ALL PRODUCE
- SET OUT PROTEINS (CHICKEN, GROUND BEEF, EGGS)

PROTEIN BATCH (25 MINUTES)

- CHICKEN IN THE OVEN (20 MIN)
- GROUND BEEF ON THE STOVE (10 MIN)
- EGGS BOILING (12 MIN)

CARB BATCH (20 MINUTES)

- SWEET POTATOES ROASTING (30 MIN—START THESE FIRST!)
- RICE OR QUINOA COOKING (20 MIN)
- OVERNIGHT OATS ASSEMBLING (5 MIN)

VEGGIE BATCH (10 MINUTES)

- CHOP RAW VEGGIES FOR SNACKS
- ROAST A SHEET PAN OF MIXED VEGGIES

ASSEMBLY & STORAGE (5 MINUTES)

- EVERYTHING INTO GLASS CONTAINERS
- LABEL WITH DATES
- STACK IN FRIDGE

RECIPE I: SIMPLE BAKED CHICKEN

INGREDIENTS:

- 6-8 ORGANIC CHICKEN BREASTS OR THIGHS
- 2 TBSP OLIVE OIL
- 1 TSP SEA SALT
- 1 TSP BLACK PEPPER
- 1 TSP GARLIC POWDER
- 1 TSP PAPRIKA (OPTIONAL)

INSTRUCTIONS:

- PREHEAT OVEN TO 425°F
- PLACE CHICKEN ON A SHEET PAN LINED WITH PARCHMENT PAPER
- DRIZZLE WITH OLIVE OIL, RUB WITH SEASONINGS
- BAKE 20-25 MINUTES (UNTIL INTERNAL TEMP HITS 165°F)
- LET COOL, SLICE OR SHRED, STORE IN CONTAINERS

USES:

- SALADS
- SANDWICHES
- GRAIN BOWLS
- WRAPS
- PASTA

STORAGE: 4-5 DAYS IN FRIDGE, 3 MONTHS IN FREEZER



🍖 RECIPE 2: SEASONED GROUND BEEF

INGREDIENTS:

- 2 LBS GRASS-FED GROUND BEEF
- 1 TBSP OLIVE OIL OR COCONUT OIL
- 1 TSP SEA SALT
- 1 TSP CUMIN
- 1 TSP CHILI POWDER
- 1/2 TSP GARLIC POWDER
- 1/2 TSP ONION POWDER

INSTRUCTIONS:

HEAT OIL IN LARGE SKILLET OVER MEDIUM-HIGH HEAT

ADD GROUND BEEF, BREAK APART WITH SPATULA

COOK 8-10 MINUTES, BREAKING INTO CRUMBLES

ADD SEASONINGS, STIR WELL

LET COOL, PORTION INTO CONTAINERS

USES:

- TACO BOWLS
- PASTA SAUCE (ADD MARINARA)
- BREAKFAST SCRAMBLES
- STUFFED PEPPERS
- BURRITO BOWLS

STORAGE: 4 DAYS IN FRIDGE, 3 MONTHS IN FREEZER

🥚 RECIPE 3: PERFECT HARD-BOILED EGGS

INGREDIENTS:

- 12 PASTURE-RAISED EGGS
- WATER
- ICE BATH

INSTRUCTIONS:

PLACE EGGS IN POT, COVER WITH COLD WATER (1 INCH ABOVE EGGS)

BRING TO A ROLLING BOIL OVER HIGH HEAT

ONCE BOILING, TURN OFF HEAT, COVER, LET SIT 12 MINUTES

TRANSFER TO ICE BATH IMMEDIATELY

PEEL AND STORE IN CONTAINER

USES:

- GRAB-AND-GO SNACKS
- SALAD TOPPER
- BREAKFAST
- EGG SALAD SANDWICHES
- DEVILED EGGS

STORAGE: 5-7 DAYS IN FRIDGE (PEELED OR UNPEELED)

🍠 RECIPE 4: ROASTED SWEET POTATOES

INGREDIENTS:

- 4-6 LARGE SWEET POTATOES
- 2 TBSP COCONUT OIL OR OLIVE OIL
- 1 TSP SEA SALT
- 1/2 TSP CINNAMON (OPTIONAL)

INSTRUCTIONS:

PREHEAT OVEN TO 425°F

PEEL AND CUBE SWEET POTATOES (1-INCH CUBES)

TOSS WITH OIL, SALT, CINNAMON ON SHEET PAN

ROAST 25-30 MINUTES, FLIPPING HALFWAY

LET COOL, STORE IN CONTAINERS

USES:

- SIDE DISH
- BREAKFAST HASH
- GRAIN BOWLS
- SNACK WITH ALMOND BUTTER
- PRE-WORKOUT FUEL

STORAGE: 4-5 DAYS IN FRIDGE

🍚 RECIPE 5: BASIC BROWN RICE OR QUINOA

INGREDIENTS:

- 2 CUPS BROWN RICE OR QUINOA
- 4 CUPS WATER (OR CHICKEN/VEGGIE BROTH FOR FLAVOR)
- PINCH OF SEA SALT

INSTRUCTIONS:

BROWN RICE:

RINSE RICE IN FINE-MESH STRAINER

COMBINE RICE, WATER, SALT IN POT

BRING TO BOIL, REDUCE TO SIMMER, COVER

COOK 40-45 MINUTES (DON'T LIFT LID!)

LET SIT 5 MINUTES, FLUFF WITH FORK

QUINOA:

RINSE QUINOA THOROUGHLY

COMBINE QUINOA, WATER, SALT IN POT

BRING TO BOIL, REDUCE TO SIMMER, COVER

COOK 15-20 MINUTES

LET SIT 5 MINUTES, FLUFF WITH FORK

USES:

- GRAIN BOWLS
- SIDE DISH
- STIR-FRY BASE
- BREAKFAST BOWLS
- BURRITO FILLING

STORAGE: 5-6 DAYS IN FRIDGE, 3 MONTHS IN FREEZER

📦 MEAL ASSEMBLY IDEAS

BUILD-A-BOWL STATION

Once everything's prepped, your athlete can build custom bowls all week:

Base: Brown rice or quinoa

Protein: Chicken, ground beef, or hard-boiled eggs

Veggies: Roasted veggies or raw veggie sticks

Fat: Avocado, olive oil drizzle, nuts

Flavor: Salsa, hot sauce, tahini, balsamic vinegar

🍴 RECIPE 6: OVERNIGHT OATS (5 JARS)

BASE RECIPE (PER JAR):

- 1/2 CUP ORGANIC ROLLED OATS
- 1/2 CUP ALMOND MILK (OR MILK OF CHOICE)
- 1 TBSP CHIA SEEDS
- 1/2 TSP CINNAMON
- 1 TSP HONEY OR MAPLE SYRUP

INSTRUCTIONS:

ADD ALL INGREDIENTS TO MASON JAR

STIR WELL, SEAL LID

REFRIGERATE OVERNIGHT (OR AT LEAST 4 HOURS)

IN THE MORNING: ADD FRESH FRUIT, NUTS, MORE ALMOND BUTTER

FLAVOR VARIATIONS:

- APPLE CINNAMON: DICED APPLE, CINNAMON, WALNUTS
- BERRY BLAST: MIXED BERRIES, HEMP SEEDS
- BANANA ALMOND: SLICED BANANA, ALMOND BUTTER, DARK CHOCOLATE CHIPS
- TROPICAL: MANGO, COCONUT FLAKES, MACADAMIA NUTS
- PB&J: STRAWBERRIES, ALMOND BUTTER

STORAGE: 5 DAYS IN FRIDGE

🌿 RECIPE 7: ROASTED VEGGIE MEDLEY

INGREDIENTS:

- 2 BELL PEPPERS (ANY COLOR), CHOPPED
- 2 ZUCCHINI, CHOPPED
- 1 RED ONION, CHOPPED
- 2 CUPS BROCCOLI FLORETS
- 2 TBSP OLIVE OIL
- 1 TSP SEA SALT
- 1/2 TSP BLACK PEPPER
- 1/2 TSP GARLIC POWDER

INSTRUCTIONS:

PREHEAT OVEN TO 425°F

TOSS ALL VEGGIES WITH OIL AND SEASONINGS ON SHEET PAN

ROAST 20-25 MINUTES, STIRRING HALFWAY

LET COOL, STORE IN CONTAINERS

USES:

- SIDE DISH
- GRAIN BOWL TOPPER
- PASTA ADDITION
- OMELET FILLING
- SNACK WITH HUMMUS

STORAGE: 4-5 DAYS IN FRIDGE

🥕 BONUS: SNACK PREP

RAW VEGGIE SNACK PACKS

INGREDIENTS:

- CARROTS, PEELED AND CUT INTO STICKS
- CUCUMBERS, SLICED
- BELL PEPPERS, SLICED
- CHERRY TOMATOES
- HUMMUS (PORTION INTO SMALL CONTAINERS)

INSTRUCTIONS:

WASH AND CHOP ALL VEGGIES

PORTION INTO SNACK-SIZE CONTAINERS OR BAGGIES

PAIR WITH INDIVIDUAL HUMMUS CUPS

STORAGE: 5-7 DAYS IN FRIDGE

ENERGY BALLS (NO-BAKE)

INGREDIENTS:

- 1 CUP PITTED DATES
- 1 CUP ROLLED OATS
- 1/2 CUP ALMOND BUTTER
- 1/4 CUP SHREDDED COCONUT
- 2 TBSP CHIA SEEDS
- 1/4 CUP DARK CHOCOLATE CHIPS
- PINCH OF SEA SALT

INSTRUCTIONS:

ADD DATES TO FOOD PROCESSOR, BLEND UNTIL STICKY

ADD OATS, ALMOND BUTTER, COCONUT, CHIA, SALT

PULSE UNTIL COMBINED (SHOULD STICK TOGETHER WHEN PRESSED)

FOLD IN CHOCOLATE CHIPS

ROLL INTO 1-INCH BALLS

STORE IN CONTAINER OR FREEZE

MAKES: ~20 BALLS

STORAGE: 1 WEEK IN FRIDGE, 3 MONTHS IN FREEZER

GRAB-AND-GO BREAKFAST OPTIONS

- Overnight oats jar + banana
- Hard-boiled eggs (2) + fruit + almonds
- Smoothie (blend frozen berries, almond milk, hemp seeds, banana)

LUNCH/DINNER COMBOS

- Chicken + sweet potatoes + roasted veggies
- Ground beef taco bowl (beef + rice + salsa + avocado)
- Grain bowl (quinoa + veggies + chicken + olive oil)

 **SAMPLE WEEK USING THESE PREPS**

MONDAY

- Breakfast: Overnight oats + banana
- Snack: Hard-boiled egg + apple
- Lunch: Chicken bowl (rice, chicken, roasted veggies)
- Snack: Veggie sticks + hummus
- Dinner: Ground beef tacos (ground beef, sweet potato, salsa)

TUESDAY

- Breakfast: Scrambled eggs + sweet potato hash
- Snack: Energy ball + orange
- Lunch: Quinoa bowl (quinoa, chicken, veggies, avocado)
- Snack: Rice cake + almond butter
- Dinner: Chicken pasta (chicken, pasta, marinara, roasted veggies)

WEDNESDAY

- Breakfast: Overnight oats + berries
 - Snack: Trail mix
 - Lunch: Taco bowl (ground beef, rice, peppers, avocado)
 - Snack: Hard-boiled eggs (2)
 - Dinner: Chicken + roasted sweet potato + broccoli
- *(Continue similar pattern Thursday-Friday using rotations of prepped items)**

 **PRO TIPS**

- Double Batch Everything:
- Freeze half for the following week. Your future self will thank you.
- Use Good Containers:
- Glass meal prep containers are worth it—BPA-free, microwave-safe, last forever.
- Label with Dates:
- Masking tape + Sharpie. "Chicken 3/17" so you know when to use it by.
- Rotate Flavors:
- Season chicken differently each week (Italian, Mexican, Asian, lemon-herb) so it doesn't get boring.
- Involve Your Athlete:
- Let them help. They're more likely to eat what they helped make.

PREP = FREEDOM:

THIS HOUR ON SUNDAY BUYS YOU BACK HOURS DURING THE WEEK
AND ELIMINATES THE "WHAT'S FOR DINNER?" PANIC.

✓ YOU'VE GOT THIS! ONE HOUR. REAL FOOD. ALL WEEK LONG. 🔥

CHAPTER 04: A 2,500- CALORIE DAY

*Sample Meal Plan with Portions for Track & Field
Athletes*

04



2,500 CALORIES

🎯 WHY 2,500+ CALORIES?

YOUR TRACK ATHLETE IS DOING TWO FULL-TIME JOBS:
BEING A TEENAGER (GROWING, DEVELOPING, HORMONES FIRING)
BEING AN ELITE ATHLETE (TRAINING, COMPETING, RECOVERING)
MOST TEENS NEED 1,800-2,200 CALORIES JUST TO EXIST.

ADD IN:

- SPRINT WORKOUTS
- DISTANCE RUNNING
- JUMPING
- THROWING
- WEIGHT TRAINING
- COMPETITIONS

YOUR ATHLETE NEEDS 2,500-3,500+ CALORIES PER DAY.

THIS IS NOT OVEREATING. THIS IS FUELING.

📊 WHAT 2,500 CALORIES LOOKS LIKE

BREAKFAST (7:00 AM) — 600 CALORIES

OPTION 1: PROTEIN-PACKED BREAKFAST

- 2 PASTURE-RAISED EGGS, SCRAMBLED (140 CAL)
- 2 SLICES WHOLE GRAIN TOAST WITH AVOCADO (280 CAL)
- 1 BANANA (105 CAL)
- 1 CUP ORANGE JUICE OR SMOOTHIE (110 CAL)

OPTION 2: OATMEAL POWER BOWL

- 1 CUP COOKED OATMEAL (150 CAL)
- 2 TBSP ALMOND BUTTER (190 CAL)
- 1 SLICED BANANA (105 CAL)
- 1/4 CUP WALNUTS (165 CAL)
- DRIZZLE OF HONEY (60 CAL)

OPTION 3: ATHLETE'S SMOOTHIE

- 1 CUP ALMOND MILK (30 CAL)
- 1 BANANA (105 CAL)
- 1 CUP FROZEN BERRIES (80 CAL)
- 2 TBSP ALMOND BUTTER (190 CAL)
- 1 SCOOP PROTEIN POWDER (120 CAL)
- 1 TBSP CHIA SEEDS (60 CAL)
- HANDFUL OF SPINACH (10 CAL)

WHY IT WORKS:

PROTEIN + CARBS + HEALTHY FATS = SUSTAINED ENERGY FOR MORNING CLASSES AND SETTING THE METABOLIC TONE FOR THE DAY.

MID-MORNING SNACK (10:00 AM) — 300 CALORIES

OPTION 1:

- 1 CUP FULL-FAT GREEK YOGURT (150 CAL)
- 1/4 CUP GRANOLA (130 CAL)
- HANDFUL OF BERRIES (20 CAL)

OPTION 2:

- APPLE WITH 2 TBSP ALMOND BUTTER (200 CAL)
- HANDFUL OF ALMONDS (100 CAL)

OPTION 3:

- 2 HARD-BOILED EGGS (140 CAL)
- 1 ORANGE (60 CAL)
- SMALL HANDFUL OF TRAIL MIX (100 CAL)

WHY IT WORKS:

PREVENTS ENERGY CRASH BEFORE LUNCH, KEEPS METABOLISM ACTIVE, MAINTAINS FOCUS IN CLASS.

LUNCH (12:30 PM) — 700 CALORIES

OPTION 1: POWER BOWL

- 1 CUP COOKED BROWN RICE (215 CAL)
- 4 OZ GRILLED CHICKEN (185 CAL)
- 1/2 AVOCADO (120 CAL)
- 1 CUP ROASTED VEGGIES (80 CAL)
- DRIZZLE OF OLIVE OIL (60 CAL)
- SALSA (20 CAL)

OPTION 2: LOADED SANDWICH

- 2 SLICES WHOLE GRAIN BREAD (160 CAL)
- 4 OZ TURKEY OR CHICKEN (180 CAL)
- AVOCADO (120 CAL)
- LETTUCE, TOMATO, MUSTARD (20 CAL)
- SIDE: SWEET POTATO "FRIES" (150 CAL)
- APPLE (80 CAL)

OPTION 3: PASTA ATHLETE STYLE

- 2 CUPS COOKED PASTA (400 CAL)
- 4 OZ GROUND BEEF IN MARINARA (200 CAL)
- SIDE SALAD WITH OLIVE OIL (80 CAL)
- FRUIT (80 CAL)

WHY IT WORKS:

BIGGEST MEAL OF THE DAY, LOADS GLYCOGEN STORES FOR AFTERNOON PRACTICE, PROVIDES PROTEIN FOR RECOVERY.



2,500 CALORIES

PRE-PRACTICE SNACK (2:30 PM) — 250 CALORIES

TIMING: 60-90 MINUTES BEFORE PRACTICE

OPTION 1:

- BANANA (105 CAL)
- 1 TBSP ALMOND BUTTER (95 CAL)
- SMALL HANDFUL OF TRAIL MIX (50 CAL)

OPTION 2:

- RICE CAKE WITH ALMOND BUTTER AND BANANA SLICES (200 CAL)
- DATES (50 CAL)

OPTION 3:

- HOMEMADE ENERGY BALL (100 CAL)
- APPLE (80 CAL)
- 5-6 ALMONDS (70 CAL)

WHY IT WORKS:

EASY TO DIGEST, PROVIDES QUICK AND LASTING ENERGY, WON'T CAUSE GI DISTRESS DURING PRACTICE.

POST-PRACTICE FUEL (5:00 PM) — 400 CALORIES

TIMING: WITHIN 30-60 MINUTES AFTER PRACTICE

OPTION 1: RECOVERY SMOOTHIE

- 1 CUP ALMOND MILK (30 CAL)
- 1 BANANA (105 CAL)
- 1 SCOOP PROTEIN POWDER (120 CAL)
- 2 TBSP ALMOND BUTTER (190 CAL)
- HANDFUL OF SPINACH (10 CAL)
- ICE

OPTION 2: REAL CHOCOLATE MILK + SNACK

- HOMEMADE CHOCOLATE MILK: 1 CUP WHOLE MILK (150 CAL) + 1 TBSP COCOA POWDER (12 CAL) + 1 TSP HONEY (20 CAL)

- GRANOLA BAR (180 CAL)
- BANANA (105 CAL)

OPTION 3: QUICK PROTEIN PLATE

- 2 HARD-BOILED EGGS (140 CAL)
- HUMMUS WITH VEGGIES (120 CAL)
- HANDFUL OF ALMONDS (100 CAL)
- ORANGE (60 CAL)

WHY IT WORKS:

PROTEIN + CARBS IMMEDIATELY POST-WORKOUT = OPTIMAL MUSCLE RECOVERY AND GLYCOGEN REPLENISHMENT. THIS IS THE MOST IMPORTANT MEAL FOR ADAPTATION.

DINNER (7:00 PM) — 800 CALORIES

OPTION 1: BALANCED PLATE

- 6 OZ GRILLED SALMON (280 CAL)
- 1 CUP BROWN RICE (215 CAL)
- 1.5 CUPS ROASTED BROCCOLI AND BELL PEPPERS (90 CAL)
- SIDE SALAD WITH OLIVE OIL DRESSING (120 CAL)

OPTION 2: ATHLETE'S BURRITO BOWL

- 1 CUP BROWN RICE (215 CAL)
- 5 OZ GROUND BEEF (250 CAL)
- BLACK BEANS 1/2 CUP (110 CAL)
- SALSA, LETTUCE, TOMATO (30 CAL)
- 1/2 AVOCADO (120 CAL)

- CHEESE (80 CAL)

OPTION 3: CLASSIC COMFORT

- 6 OZ CHICKEN BREAST (185 CAL)
- 1.5 CUPS MASHED SWEET POTATO (250 CAL)
- GREEN BEANS WITH OLIVE OIL (100 CAL)
- WHOLE GRAIN DINNER ROLL (100 CAL)
- SIDE SALAD (100 CAL)

WHY IT WORKS:

REPLENISHES ENERGY STORES, SUPPORTS OVERNIGHT MUSCLE REPAIR, PROVIDES NUTRIENTS FOR GROWTH AND RECOVERY.

EVENING SNACK (9:00 PM) — 250 CALORIES

OPTION 1:

- PB&J ON WHOLE GRAIN BREAD (320 CAL) *(SLIGHTLY OVER BUT WORTH IT)*

OPTION 2:

- AIR-POPPED POPCORN DRIZZLED WITH OLIVE OIL (150 CAL)
- STRING CHEESE (80 CAL)

OPTION 3:

- GREEK YOGURT (150 CAL)
- BERRIES (40 CAL)
- DRIZZLE OF HONEY (60 CAL)

WHY IT WORKS:

PREVENTS OVERNIGHT MUSCLE BREAKDOWN, SUPPORTS GROWTH HORMONE RELEASE DURING SLEEP, KEEPS METABOLISM ACTIVE.



TOTAL DAILY BREAKDOWN

TOTAL CALORIES: 2,500-2,700



THERE ARE SIX
MAIN TYPES OF
NUTRIENTS:



carbohydrates



proteins



fats



vitamins



minerals



water

🔄 HYDRATION SCHEDULE

Don't forget—WATER is part of the fuel equation!

- Morning: 16 oz upon waking
- Throughout the day: Sip consistently (aim for half body weight in oz)
- Pre-practice: 16-20 oz
- During practice: 8 oz every 15-20 min
- Post-practice: 20-24 oz
- Evening: 8-16 oz

Add minerals: Pinch of sea salt to water, coconut water post-workout, eat watery foods (cucumbers, watermelon, oranges)

🎯 QUICK REFERENCE: MEAL TIMING

Time | Meal | Goal |

- 7:00 AM | Breakfast | Start metabolism, fuel morning
- 10:00 AM | Snack | Maintain energy, prevent crash |
- 12:30 PM | Lunch | Load glycogen for practice |
- 2:30 PM | Pre-Practice | Quick + lasting energy |
- 5:00 PM | Post-Practice | Recovery window (protein + carbs) |
- 7:00 PM | Dinner | Replenish, repair, support growth
- 9:00 PM | Evening Snack | Prevent overnight breakdown |

💡 ADJUSTMENTS FOR YOUR ATHLETE

If they need MORE calories (3,000+):

- Increase portion sizes by 25%
- Add an extra snack (mid-afternoon or post-dinner)
- Increase healthy fats (more nut butter, avocado, olive oil)
- Bigger breakfast (3 eggs instead of 2, extra toast)

If they need FEWER calories (2,000-2,200):

- Slightly smaller portions at meals
- Skip one snack (but keep pre/post-practice fuel!)
- Focus on nutrient-dense foods

On REST DAYS:

- Same breakfast
- Slightly lighter lunch and dinner
- Skip pre-practice snack
- Still prioritize protein for recovery

On COMPETITION DAYS:

- Bigger breakfast (add an extra carb source)
- Pre-race fuel 90 min before (easily digestible)
- Between events: dates, banana, rice cakes with almond butter
- Post-competition: full recovery meal within 60 min

What are Nutrients

WHY DO WE NEED THEM?

MACRONUTRIENT SPLIT:

- Protein: 120-150g (supports muscle repair)
- Carbohydrates: 300-350g (fuels performance)
- Fats: 80-100g (hormones, recovery, brain function)

Nutrients are substances that provide nourishment and energy to the body. They are essential for the proper functioning of the body and are obtained from the food we eat.

Carbohydrates are the main source of energy for the body and are found in foods such as bread, pasta, and fruit. Proteins are important for growth and repair of tissues and can be found in foods such as meat, fish, and beans. Fats are also a source of energy but are important for insulation and protection of organs. They can be found in foods such as nuts, oils, and butter.

Vitamins and minerals are necessary for proper bodily functions, such as immune system function and bone health. They are found in a variety of foods, such as fruits and vegetables, dairy products, and meats. Water is also a crucial nutrient, as it is required for hydration and helps to regulate body temperature.

✓ PARENT CHECKLIST

- [] STOCK KITCHEN WITH MEAL PREP STAPLES
- [] PREP PROTEINS AND CARBS ON SUNDAY
- [] SET BREAKFAST OUT THE NIGHT BEFORE
- [] PACK PRE-PRACTICE SNACK IN THEIR BAG
- [] HAVE POST-PRACTICE FUEL READY IN FRIDGE
- [] KEEP GRAB-AND-GO SNACKS VISIBLE AND ACCESSIBLE
- [] REFILL WATER BOTTLES DAILY

🔥 THE BOTTOM LINE

THIS IS NOT A DIET. THIS IS FUEL.

YOUR ATHLETE IS TRAINING AT AN ELITE LEVEL. THEIR BODY NEEDS THIS MUCH FOOD TO:

- PERFORM AT THEIR PEAK
- RECOVER PROPERLY
- AVOID INJURY
- SUPPORT GROWTH AND DEVELOPMENT
- MAINTAIN ENERGY AND FOCUS

UNDERFUELING = UNDERPERFORMING.

IT'S THAT SIMPLE.

GIVE THEM THE BUILDING BLOCKS. WATCH THEM BUILD SOMETHING INCREDIBLE. 🍌

What are Nutrients...Continued

NUTRIENTS ARE ESSENTIAL FOR THE HUMAN BODY TO FUNCTION PROPERLY. HERE IS A LIST OF REASONS WHY WE NEED NUTRIENTS:

Energy production:

Nutrients like carbohydrates, fats, and proteins are the main sources of energy for our body. Without these nutrients, our body won't be able to produce enough energy to perform daily activities

Growth and repair:

Nutrients like proteins, vitamins, and minerals are important for the growth and repair of our body tissues. They help in the formation of new cells and tissues and repair damaged ones.

Immune system function:

Nutrients like vitamins A, C, and E, and selenium are important for the proper functioning of our immune system. They help in fighting off infections and diseases.

Brain function:

Nutrients like omega-3 fatty acids, B vitamins, and iron are important for the proper functioning of our brain. They help in improving memory, concentration, and mood.

Bone health:

Nutrients like calcium, vitamin D, and vitamin K are important for the growth and maintenance of strong bones.

Heart health:

Nutrients like fiber, potassium, and magnesium are important for maintaining a healthy heart. They help in reducing blood pressure and cholesterol levels.



CHAPTER 05: TRAVEL & COMPETITION FUEL

What to Pack, Cooler Essentials & Game Day Strategy

05

🎯 THE COMPETITION NUTRITION CHALLENGE

HERE'S WHAT USUALLY HAPPENS AT TRACK MEETS:

- 🚗 YOU LEAVE AT 5 AM
 - 🕒 FIRST EVENT IS AT 8 AM
 - 🕒 LAST EVENT MIGHT BE AT 4 PM
 - 🌭 ONLY FOOD OPTION: CONCESSION STAND (HOT DOGS, NACHOS, CANDY)
 - 😞 YOUR ATHLETE CRASHES, CRAMPS, OR UNDERPERFORMS
- SOUND FAMILIAR?

HERE'S THE TRUTH: MEETS ARE WON IN THE COOLER, NOT ON THE TRACK.

THE ATHLETES WHO FUEL SMART HAVE A MASSIVE ADVANTAGE OVER THOSE GRABBING WHATEVER'S AVAILABLE.

🧊 THE TRAVEL COOLER GAME PLAN

WHAT YOU NEED:

- Quality cooler (keeps food cold 6-8 hours)
- Ice packs (2-3)
- Reusable containers
- Insulated water bottles
- Snack-size baggies

PACK THE NIGHT BEFORE:

Nothing kills morning momentum like scrambling to pack food at 4:30 AM.

👉 THE ESSENTIALS PACKING LIST

PROTEINS (grab-and-go)

- [] Turkey or chicken sandwiches (make the night before, wrap in foil)
- Whole grain bread + organic deli turkey/chicken + avocado + lettuce
- Pack 2 per athlete (one for mid-day, one backup)
- [] Hard-boiled eggs (peel and pack in container)
- Pack 4-6 eggs
- [] Organic beef/turkey jerky (Epic, Chomps, Paleovalley)
- Easy protein, doesn't need refrigeration
- [] String cheese (organic)
- Quick protein between events

CARBS (clean energy)

- [] Fresh fruit:
 - Bananas (easiest, no prep)
 - Apples (travel well, pair with almond butter)
 - Grapes (pre-washed, in container)
 - Orange slices (pre-cut in container)
 - Berries (wash, pack in container)
- [] Sweet potato "coins" (pre-cooked, sliced, pack cold)
- Roast the night before, eat cold or room temp
- [] Rice cakes (pack separately, assemble on-site with almond butter)
- [] Whole grain pretzels (organic, minimal ingredients)
- [] Dates (natural quick energy, easy to digest)

FATS (sustained energy)

- [] Almond butter packets (Justin's, RX Nut Butter)
- Single-serve, no refrigeration needed
- [] Trail mix (homemade: almonds, cashews, pumpkin seeds, dried mango, dark chocolate)
- Pre-portion into snack bags
- [] Avocado (pack whole, cut on-site, sprinkle with salt)
- [] Nuts (almonds, cashews, walnuts in small bags)

HYDRATION

- [] Water (bring a GALLON jug to refill bottles all day)
- [] Coconut water (natural electrolytes, great post-race)
- [] Homemade electrolyte drink:
 - 32 oz water + juice of 1 lemon + pinch of sea salt + 1 tsp honey
 - Mix in water bottle, keep cold
- [] Herbal iced tea (unsweetened, in insulated bottle)

SKIP: Gatorade, Powerade (sugar crashes), energy drinks, soda

RECOVERY FUEL (post-event, between events)

- [] Homemade energy balls (make ahead, freeze, pack in cooler)
- [] Banana + almond butter packets
- [] Greek yogurt cups (full-fat, plain—add honey on-site)
- [] Smoothie in insulated bottle (blend morning-of, keeps cold 4-6 hrs)

EMERGENCY BACKUP

- [] Larabars or RXBars (minimal ingredients, whole food-based)
- [] Organic applesauce pouches (quick carbs if needed)
- [] Honey packets (quick energy if they're bonking)



COMPETITION DAY TIMELINE

5:00 AM – WAKE UP

BREAKFAST AT HOME (90-120 MIN BEFORE FIRST EVENT):

- SCRAMBLED EGGS + WHOLE GRAIN TOAST + BANANA + WATER
- OR OATMEAL + ALMOND BUTTER + BERRIES + WATER
- OR SMOOTHIE (BERRIES, BANANA, ALMOND BUTTER, PROTEIN POWDER, ALMOND MILK)

GOAL: BIG ENOUGH TO FUEL, LIGHT ENOUGH TO DIGEST

6:30 AM – ARRIVAL AT VENUE

- SIP WATER CONSISTENTLY
- LIGHT SNACK IF NEEDED (RICE CAKE + ALMOND BUTTER, BANANA)

7:30 AM – 60 MIN BEFORE FIRST EVENT

PRE-RACE FUEL (EASILY DIGESTIBLE):

- BANANA + DATES
- OR RICE CAKE WITH ALMOND BUTTER
- OR APPLESAUCE POUCH + HANDFUL OF ALMONDS

HYDRATION: 8-12 OZ WATER

GOAL: TOPPED OFF, NOT FULL

8:00 AM – FIRST EVENT

GO TIME

8:30 AM – POST-EVENT RECOVERY (WITHIN 30 MIN)

IMMEDIATE REFUEL:

- COCONUT WATER (8-12 OZ)
- BANANA OR ORANGE SLICES
- HANDFUL OF TRAIL MIX

GOAL: QUICK CARBS + ELECTROLYTES

10:00 AM – MID-MORNING FUEL

BETWEEN EVENTS:

- TURKEY SANDWICH (HALF OR WHOLE DEPENDING ON HUNGER)
- APPLE WITH ALMOND BUTTER
- WATER (16 OZ)

GOAL: SUSTAINED ENERGY, NOT TOO HEAVY

12:00 PM – LUNCH

IF THERE'S A 2+ HOUR GAP:

- FULL SANDWICH + FRUIT + VEGGIE STICKS + HUMMUS
- WATER (16 OZ)

IF NEXT EVENT IS WITHIN 90 MIN:

- LIGHTER OPTION: HARD-BOILED EGGS + FRUIT + RICE CAKE
- WATER (12 OZ)

GOAL: FUEL WITHOUT FEELING SLUGGISH

2:00 PM – PRE-AFTERNOON EVENT

60-90 MIN BEFORE:

- DATES + BANANA
- OR ENERGY BALL + ORANGE
- WATER (8 OZ)

3:00 PM – AFTERNOON EVENT

SECOND WIND

3:30 PM – POST-EVENT RECOVERY

- COCONUT WATER
- TRAIL MIX + FRUIT
- STRING CHEESE

5:00 PM – HEADING HOME

IMMEDIATE POST-COMPETITION MEAL (WITHIN 60 MIN OF LAST EVENT):

OPTION 1: PACKED IN COOLER

- SECOND SANDWICH + FRUIT + VEGGIES

OPTION 2: STOP ON THE WAY HOME (IF YOU MUST)

- CHIPOTLE: BURRITO BOWL (DOUBLE CHICKEN, RICE, BEANS, VEGGIES, GUAC)

- PANERA: TURKEY SANDWICH ON WHOLE GRAIN + APPLE

- WHOLE FOODS HOT BAR: CHICKEN + SWEET POTATO + VEGGIES

AVOID: FAST FOOD, FRIED FOOD, HEAVY SAUCES

GOAL: FULL RECOVERY MEAL WITH PROTEIN + CARBS

WHAT NOT TO DO

COMMON MISTAKES:

- ✗ SKIPPING BREAKFAST ("I'M NOT HUNGRY THAT EARLY")
→ RESULT: LOW ENERGY, POOR PERFORMANCE, CRASH MID-DAY
- ✗ ONLY EATING BETWEEN EVENTS (GOING 4+ HOURS WITHOUT FOOD)
→ RESULT: BONKING, CRAMPING, MENTAL FOG
- ✗ RELYING ON CONCESSION STAND
→ RESULT: SUGAR CRASHES, GI DISTRESS, INFLAMMATION
- ✗ NOT HYDRATING CONSISTENTLY
→ RESULT: BY THE TIME THEY FEEL THIRSTY, THEY'RE ALREADY DEHYDRATED AND PERFORMANCE DROPS
- ✗ EATING A HUGE MEAL RIGHT BEFORE AN EVENT
→ RESULT: SLUGGISH, NAUSEOUS, CAN'T PERFORM
- ✗ EATING NOTHING POST-EVENT ("I'LL EAT WHEN WE GET HOME")
→ RESULT: MISSED RECOVERY WINDOW, SORE FOR DAYS, POOR ADAPTATION

PRO TIPS

PACK SMART:

- USE CLEAR CONTAINERS SO YOU CAN SEE WHAT'S LEFT
- LABEL WITH ATHLETE'S NAME IF MULTIPLE KIDS
- PACK UTENSILS, NAPKINS, SMALL CUTTING BOARD FOR AVOCADO

TIMING IS EVERYTHING:

- 60-90 MIN BEFORE EVENT: LIGHT, EASILY DIGESTIBLE FUEL
- 30 MIN BEFORE: TOO LATE, DON'T EAT
- IMMEDIATELY AFTER: RECOVERY WINDOW OPENS—FUEL WITHIN 30 MIN
- BETWEEN EVENTS (2+ HRS): FULL MEAL
- BETWEEN EVENTS (<90 MIN): LIGHT SNACK

LISTEN TO THEIR BODY:

- SOME ATHLETES DO BETTER WITH MORE FOOD, SOME WITH LESS
- TEST DIFFERENT OPTIONS AT PRACTICE, NOT AT MEETS
- WHAT WORKS FOR SPURTERS MIGHT NOT WORK FOR DISTANCE RUNNERS
- ADJUST BASED ON EVENT TYPE AND TIMING

KEEP IT SIMPLE:

- DON'T EXPERIMENT WITH NEW FOODS ON COMPETITION DAY
- STICK TO WHAT THEY'VE PRACTICED WITH
- FAMILIAR FOODS = LESS GI STRESS

THE NIGHT BEFORE:

- HYDRATE WELL
- EAT A SOLID DINNER (PROTEIN + CARBS + VEGGIES)
- GO TO BED EARLY
- PACK COOLER SO MORNING IS EASY

YOUR COOLER checklist

PROTEIN CARBS FATS HYDRATION RECOVERY

PROTEINS:

- Turkey/chicken sandwiches (2)
- Hard-boiled eggs (4-6)
- Jerky
- String cheese

CARBS:

- Bananas (3-4)
- Apples (2)
- Grapes or berries
- Dates
- Rice cakes

FATS:

- Almond butter packets
- Trail mix (portioned)
- Avocado

HYDRATION:

- Water (gallon jug)
- Coconut water
- Electrolyte drink

RECOVERY:

- Energy balls
- Greek yogurt
- Backup bars

EXTRAS:

- Ice packs
- Utensils/napkins
- Hand wipes
- Small cutting board



🏆 THE COMPETITIVE EDGE

While other athletes are:

- Eating nachos and hot dogs
- Drinking sugar-loaded sports drinks
- Skipping meals and bonking



YOUR athlete is:

- Fueling with real, clean food
- Staying hydrated with minerals
- Recovering properly between events
- Maintaining energy all day long

That's the difference between good and GREAT.



MEETS ARE WON IN THE COOLER. PACK LIKE A CHAMPION. 🔥

25+ Grab-and-Go Options Your Athlete Will Actually Eat

🎯 WHY SNACKS MATTER

LET'S BE REAL: MOST OF YOUR ATHLETE'S EATING HAPPENS BETWEEN MEALS.

- IN THE CAR ON THE WAY TO PRACTICE
 - AT 9 PM WHEN THEY'RE STARVING AFTER A LATE WORKOUT
 - IN THEIR LOCKER BETWEEN CLASSES
 - AFTER SCHOOL BEFORE PRACTICE
- IF THE ONLY SNACKS AVAILABLE ARE TAKIS, GATORADE, AND VENDING MACHINE CANDY? THAT'S WHAT THEY'LL EAT.
- YOUR JOB: MAKE GOOD OPTIONS AVAILABLE AND EASY.**

🥜 CATEGORY 1: NUT BUTTER COMBOS

Apple + Almond Butter

- Slice apple, dip in almond butter
- Why it works: Carbs (apple) + protein & fat (almond butter)
- Calories: ~200

Banana + Almond Butter

- Slice banana, spread almond butter
- Why it works: Quick energy + sustained energy
- Calories: ~250

Rice Cake + Almond Butter + Banana Slices

- Top rice cake with almond butter and banana
- Why it works: Easily digestible, perfect pre-workout
- Calories: ~220

Celery + Almond Butter + Raisins (Ants on a Log 2.0)

- Classic, but works
- Why it works: Crunchy, satisfying, balanced
- Calories: ~150

Dates + Almond Butter

- Slice date open, fill with almond butter
- Why it works: Natural sweetness + protein/fat
- Calories: ~180

🥚 CATEGORY 2: PROTEIN-PACKED

Hard-Boiled Eggs + Fruit

- 2 eggs + apple or orange
- Why it works: Complete protein + vitamins
- Calories: ~220

Greek Yogurt + Berries + Granola

- Full-fat plain Greek yogurt, top with berries and granola
- Why it works: Protein + carbs + probiotics
- Calories: ~250

Cottage Cheese + Pineapple

- Organic cottage cheese with fresh or canned pineapple
- Why it works: High protein, easy to digest
- Calories: ~180

String Cheese + Grapes

- 2 string cheese sticks + handful of grapes
- Why it works: Portable, no prep
- Calories: ~200

Turkey Roll-Ups

- Roll organic deli turkey around avocado slice or cheese
- Why it works: High protein, low-carb option
- Calories: ~150

🍎 THE SNACK FORMULA


EVERY GOOD SNACK HAS:

- PROTEIN (BUILDS/REPAIRS MUSCLE)
- CARBS (PROVIDES ENERGY)
- HEALTHY FAT (SUSTAINS ENERGY, SUPPORTS HORMONES)

BAD SNACKS HAVE ONE (USUALLY JUST CARBS + SUGAR).

GOOD SNACKS HAVE ALL THREE.

FUEL

 **CATEGORY 4: ENERGY BALLS & BARS**

Homemade Energy Balls (Recipe in Meal Prep Guide)

- Dates + oats + almond butter + coconut + chia seeds + dark chocolate

- Why it works: Whole food ingredients, portable, freezer-friendly

- Calories: ~120 per ball

Larabar or RXBar

- Minimal ingredient bars (check label!)

- Why it works: Convenient, whole food-based


- Calories: 190-220

Homemade Granola Bars

- Oats + honey + almond butter + nuts + dried fruit, baked and cut

- Why it works: You control ingredients, cheaper than store-bought

- Calories: ~180

 **CATEGORY 5: SMOOTHIES & DRINKABLE SNACKS**

Protein Smoothie

- Almond milk + banana + frozen berries + almond butter + protein powder + spinach

- Why it works: Complete meal replacement if needed

- Calories: ~350

Chocolate "Milk" Shake (Homemade)

- Almond milk + banana + cocoa powder + almond butter + ice

- Why it works: Tastes like dessert, fuels like a pro


- Calories: ~280

Green Smoothie

- Coconut water + spinach + mango + banana + chia seeds

- Why it works: Hydration + nutrients + easy to digest

- Calories: ~220

 **CATEGORY 6: VEGGIE-BASED**

Hummus + Veggies

- Carrots, cucumbers, bell peppers with hummus

- Why it works: Fiber + protein + satisfying crunch

- Calories: ~150

Guacamole + Organic Tortilla Chips

- Mash avocado with lime and salt, dip chips

- Why it works: Healthy fats + carbs

- Calories: ~200

Sweet Potato Coins + Sea Salt

- Roast sweet potato slices, sprinkle with sea salt

- Why it works: Complex carbs, tastes like fries

- Calories: ~150

 **BONUS: POST-WORKOUT RECOVERY SNACKS**

Chocolate Milk (Homemade)

- 1 cup whole milk + 1 tbsp cocoa powder + 1 tsp honey

- Why it works: Protein + carbs in perfect ratio

- Calories: ~200

Tart Cherry Juice + Protein

- 8 oz tart cherry juice (anti-inflammatory) + hard-boiled egg

- Why it works: Reduces muscle soreness + protein

- Calories: ~200

🏠 CATEGORY 7: SALTY & CRUNCHY

Popcorn + Olive Oil + Sea Salt

- • Air-pop organic kernels, drizzle with olive oil, sprinkle sea salt

- • Why it works: Whole grain, satisfying, high volume/low calorie

- • Calories: ~150

Seaweed Snacks

- • Roasted seaweed sheets (lightly salted)

- • Why it works: Iodine, minerals, satisfies salt craving

- • Calories: ~30

Organic Tortilla Chips + Salsa

- • Baked tortilla chips with fresh salsa

- • Why it works: Satisfies crunch + salt craving with real food

- • Calories: ~180

KEEP IN PANTRY:

- • Almond butter (big jar)
- • Rice cakes
- • Trail mix ingredients (buy in bulk)
- • Dates
- • Dark chocolate chips
- • Organic tortilla chips
- • Popcorn kernels

KEEP IN FRIDGE:

- • Hard-boiled eggs (batch cook Sundays)
- • Greek yogurt
- • String cheese
- • Hummus
- • Pre-cut veggies
- • Fresh fruit
- • Deli turkey

KEEP IN FREEZER:

- • Homemade energy balls
- • Frozen berries (smoothies)
- • Backup homemade granola bars
- • Bread (thaw as needed)

👉 CATEGORY 8: QUICK COMBOS

Banana + Handful of Almonds

- • Literally just these two things

- • Why it works: Zero prep, perfect pre-workout

- • Calories: ~200

Orange + String Cheese

- • Peel and eat

- • Why it works: Vitamin C + protein, portable

- • Calories: ~150

Apple Slices + Cheese Cubes

- • Pre-cut apple, pair with cheddar or gouda

- • Why it works: Sweet + savory, balanced

- • Calories: ~180

HOW TO STOCK FOR SUCCESS

PACK IN THEIR BAG:

- • Trail mix (portioned in baggies)
- • Energy balls (2-3)
- • Rice cakes + almond butter packets
- • Fruit (banana, apple)
- • Backup bar (Larabar, RXbar)
- • Water bottle (refillable)

💡 SNACK STRATEGY TIPS

MAKE IT VISIBLE:

- • Keep fruit bowl on counter
- • Put healthy snacks at eye level in pantry/fridge
- • Hide the junk (or don't buy it)

PRE-PORTION EVERYTHING:

- • Trail mix in baggies
- • Veggies in containers
- • Energy balls in grab-and-go containers
- • Less thinking = more eating

SNACK STATION:

- • Dedicate one shelf/drawer to athlete snacks
- • They can grab without asking
 - Restock every Sunday

LET THEM CHOOSE:

- • GIVE 2-3 OPTIONS, ALL GOOD
- • APPLE WITH ALMOND BUTTER OR GREEK YOGURT WITH GRANOLA?*
- • AUTONOMY = BUY-IN

TIMING MASTERS:

- PRE-PRACTICE (60-90 MIN BEFORE): EASILY DIGESTIBLE (BANANA + ALMOND BUTTER, DATES, RICE CAKE)
- POST-PRACTICE (WITHIN 30 MIN): PROTEIN + CARBS (SMOOTHIE, CHOCOLATE MILK, EGGS + FRUIT)
- BEFORE BED: PROTEIN-FOCUSED (GREEK YOGURT, COTTAGE CHEESE, TURKEY)
- RANDOM HUNGER: BALANCED SNACK (TRAIL MIX, APPLE + CHEESE)

🚫 SNACKS TO AVOID

THE IMPOSTERS (marketed as healthy but aren't):

- ✗ Granola bars (most are candy bars in disguise—check sugar content)
- ✗ Sports drinks (sugar bombs, use coconut water or water with sea salt)
- ✗ Fruit snacks (just candy)
- ✗ Protein bars with 20+ ingredients (if you can't pronounce it, skip it)
- ✗ Flavored yogurt (30g+ sugar per cup)
- ✗ Trail mix with chocolate candy (M&Ms, Reese's = seed oils + sugar)
- ✗ Pretzels alone (just carbs, no protein/fat = blood sugar spike)

THE OBVIOUS JUNK:

- ✗ Takis, Doritos, Hot Cheetos (seed oils, artificial everything)
- ✗ Candy (duh)
- ✗ Soda / energy drinks
- ✗ Pastries, donuts, muffins from coffee shops
- ✗ Vending machine anything

🏆 THE BOTTOM LINE

Snacks are NOT optional for athletes.

They're:

- Fuel between meals
- Recovery support
- Performance insurance
- Energy insurance

Stock the house. Prep on Sundays. Make it easy.

Your athlete will eat what's available and easy.

Make sure what's available is GOOD. 🔥

REAL TALK

"Organic is expensive."

"Grass-fed costs too much."

"We can't afford to eat like that."

I hear you. And you're right—clean food DOES cost more.

But here's what you're NOT seeing: what cheap food actually costs you.

📍 THE HIDDEN COST OF CHEAP FOOD

What are you spending on:

- Sports drinks (\$3-5/week = \$200/year)
- Supplements (\$30-50/month = \$400/year)
- Protein powders (\$40/month = \$500/year)
- Doctor visits for injuries (\$100-500+ per visit)
- Physical therapy (\$80-150 per session)
- Lost performance and missed opportunities (priceless)

Spending \$50 more per week on real food = \$200/month

That SAME \$200/month is already going toward supplements, sports drinks, and medical bills caused by poor nutrition.

You're spending the money either way. Choose where it goes.

🛒 WHERE TO SHOP (Budget Impact Ranking)

COSTCO ★★★★★

Membership: \$60/year (pays for itself in 2-3 trips)

- Organic eggs: \$8-10/2 dozen
- Almond butter: \$10-12/27 oz jar
- Frozen organic berries: \$10-12/3 lb bag
- Grass-fed ground beef: \$5-6/lb in bulk
- Wild-caught salmon: \$15-20 for large pack

ALDI / TRADER JOE'S ★★★★★

- Organic produce 30-50% cheaper than Whole Foods
- Organic eggs: \$4-5/dozen
- Clean snacks at reasonable prices

THRIVE MARKET ★★★★★ (online)

Membership: \$60/year

- 25-50% off retail on organic brands
- Free shipping over \$49
- Delivers to your door

LOCAL FARMS ★★★★★

- Eggs: \$4-6/dozen direct from farm
- Meat: Often cheaper, always better quality
- Seasonal produce at peak = cheaper



THE CHEAP + CLEAN STAPLES

PROTEINS

- Eggs: \$0.50/egg (pasture-raised)
- Canned salmon: \$1.50-2.50/serving
- Whole chicken (you roast): \$1.50/serving
- Ground beef (on sale): \$1.25-1.75/serving
- Beans: \$0.25/serving

CARBS

- Sweet potatoes: \$0.50/serving
- Brown rice (bulk): \$0.20/serving
- Oats (bulk): \$0.15/serving
- Bananas: \$0.25 each
- Frozen berries: \$0.75/serving

FATS

- Almond butter (bulk): \$0.50/serving
- Avocados: \$0.50-1.00/half
- Olive oil (bulk): \$0.30/serving
- Almonds (bulk): \$0.50/oz



THE \$50/WEEK CHALLENGE

SHOPPING LIST:

Proteins (\$18):

- 1 dozen eggs: \$7
- 1 lb ground beef: \$6
- 1 can salmon: \$5

Carbs (\$12):

- 5 lbs sweet potatoes: \$5
- 2 lbs brown rice: \$3
- 7 bananas: \$2
- Frozen berries: \$2

Fats (\$10):

- Almond butter: \$3
- 3 avocados: \$3
- Almonds: \$2
- Olive oil: \$2

Veggies (\$8):

- Broccoli: \$3
- Carrots: \$2
- Bell peppers: \$3

Extras (\$2):

- Oats: \$2

TOTAL: \$50

YES, you can fuel an athlete for \$50/week.

💡 MONEY-SAVING HACKS

BUY IN BULK

Rice, oats, nuts = 50% cheaper

Split bulk orders with another family

FREEZE EVERYTHING

- Bread (3 months)
- Meat (buy on sale, freeze portions)
- Bananas (peel, freeze for smoothies)
- Cooked rice (freeze in portions)

COOK ONCE, EAT TWICE

Double every recipe

Freeze half

Future-you gets a free meal

USE EVERY PART

- Chicken bones → broth
- Veggie scraps → broth
- Overripe fruit → smoothies

MEAL PLAN

Plan = no waste = no emergency takeout

\$8 homemade meal vs \$40 takeout



CHOOSE WISELY

🎯 PRIORITIZE YOUR UPGRADES

Can't afford everything organic? START HERE:

TIER 1: MUST UPGRADE

- Eggs (pasture-raised)
- Meat (grass-fed beef, organic chicken)
- Dairy (organic milk, yogurt)

TIER 2: UPGRADE WHEN POSSIBLE

"Dirty Dozen" produce (strawberries, spinach, apples)

Nut butters (almond over peanut)

TIER 3: CONVENTIONAL IS OK

- "Clean Fifteen" produce (avocados, bananas, onions)
- Frozen veggies
- Canned goods (check labels)

✅ THE BOTTOM LINE

YOU'RE NOT CHOOSING BETWEEN CHEAP FOOD AND EXPENSIVE FOOD.

YOU'RE CHOOSING BETWEEN:

- FUELING AN ATHLETE PROPERLY NOW
- OR PAYING FOR INJURIES, SUPPLEMENTS, AND UNDERPERFORMANCE LATER

THE MONEY GETS SPENT EITHER WAY.

CHOOSE WISELY. 🔥

CHAPTER 08: PICKY EATER PLAYBOOK

Strategies That Actually Work

08

THE TRUTH ABOUT PICKY EATERS

"MY KID WON'T EAT VEGETABLES."
"THEY ONLY EAT CHICKEN NUGGETS AND MAC & CHEESE."
"I'VE TRIED EVERYTHING."

HERE'S WHAT MOST PARENTS DON'T REALIZE:
PICKY EATING IS USUALLY ABOUT CONTROL, NOT TASTE.

YOUR ATHLETE IS TRYING TO ASSERT INDEPENDENCE. FOOD IS ONE AREA WHERE THEY HAVE CONTROL.
THE GOOD NEWS? YOU CAN WORK WITH THAT INSTEAD OF AGAINST IT.

🚫 WHAT DOESN'T WORK

- ❌ Forcing them to eat ("You're not leaving the table until you finish your broccoli!")
→ Creates negative associations with food
- ❌ Bribing ("If you eat your vegetables, you can have dessert")
→ Makes vegetables the punishment, dessert the reward
- ❌ Sneaking food in and lying about it ("There's no spinach in this!" when there clearly is)
→ Breaks trust
- ❌ Making separate meals ("Fine, I'll just make you chicken nuggets")
→ Reinforces picky behavior
- ❌ Battling at dinner (making every meal a fight)
→ Nobody wins

STRATEGY #1: THE TWO-CHOICE RULE

Instead of: "What do you want for dinner?"

Try: "Do you want chicken or salmon for dinner?"

Both options are good. They get to choose. You stay in control.

Examples:

- • "Scrambled eggs or oatmeal for breakfast?"
- • "Apple with almond butter or trail mix for a snack?"
- • "Sweet potato or brown rice with dinner?"

Why it works: Autonomy + boundaries

STRATEGY #2: SMOOTHIE STEALTH MODE

Can't get them to eat greens? DRINK them.

The Formula:

- • 1 cup liquid (almond milk, coconut water)
- • 1 banana (covers all flavor)
- • 1 cup frozen berries
- • 2 tbsp almond butter
- • Handful of spinach (they won't taste it)
- • Optional: protein powder, chia seeds

Why it works:

- • Sweet fruit masks veggie taste
 - • Cold temperature dulls taste buds
 - • They're drinking, not "eating vegetables"
 - • Gets nutrients in without a fight
- Pro tip: Let THEM make it. Kids eat what they make.

STRATEGY #3: THE ONE-BITE RULE

Not: "You have to finish your vegetables."

Try: "Just try one bite. If you hate it, you don't have to eat more."

Why it works:

- • Low pressure
- • Exposure is the goal (taste buds adapt over time)
- • They feel in control
- • Research shows it takes 10-15 exposures to a food before kids accept it

Important: Don't react to their reaction. If they spit it out, shrug and move on. Try again next week.

SPECIFIC FOOD BATTLES

"I HATE VEGETABLES"

TRY:

ROAST THEM (ROASTING = CARAMELIZATION = SWEET, NOT BITTER)

ADD FAT + SALT (OLIVE OIL + SEA SALT MAKES EVERYTHING BETTER)

DIP THEM (HUMMUS, GUAC, RANCH MADE WITH GREEK YOGURT)

HIDE THEM (BLEND INTO PASTA SAUCE, SOUPS, SMOOTHIES)

START WITH SWEET VEGGIES (SWEET POTATO, CARROTS, BELL PEPPERS)

SKIP THE BATTLE OVER KALE. START WITH FOODS THEY MIGHT ACTUALLY LIKE.

STRATEGY #4: INVOLVE THEM

Let them:

- Pick recipes
- Help grocery shop
- Wash vegetables
- Stir ingredients
- Season food
- Plate their own food

Why it works: Kids eat what they help make. Period.

STRATEGY #5: THE SNACK ATTACK

If they won't eat dinner? Don't fight it.

Instead:

- Offer good fuel earlier in the day when they ARE hungry
- Keep only good snacks in the house
- They'll eat when they're hungry enough

The rule: No junk food rescue at 9 PM because they "didn't eat dinner."

If they're truly hungry, they'll eat the apple and almond butter you offer.

STRATEGY #6: PRESENTATION MATTERS

Boring plate: Grilled chicken, broccoli, brown rice

Fun plate: "Power bowl" with chicken, roasted veggie "fries," rice with toppings they add

Try:

- Cut food into fun shapes
- Use dipping sauces (hummus, guac, tahini)
- Build-your-own bowls/tacos
- Colorful plates
- Give food fun names ("Hulk Smoothie" for green smoothie)

Why it works: Same food, different framing.

STRATEGY #7: LEAD BY EXAMPLE

Your athlete is watching YOU.

If you:

- Skip breakfast
- Eat junk
- Complain about healthy food
- Don't eat vegetables

They will too.

Model the behavior you want to see.

Eat the salad. Drink the smoothie. Fuel properly. They're watching.



SPECIFIC FOOD BATTLES

"I ONLY EAT CHICKEN NUGGETS"

Make them yourself:

- Cut chicken into strips
- Dip in beaten egg
- Coat in almond flour or crushed rice cereal
- Bake at 400°F for 20 min

Why it works: Same concept, real ingredients. Transition food.

SPECIFIC FOOD BATTLES

"I DON'T LIKE [INSERT PROTEIN]"

Expand slowly:

- If they like chicken, try turkey
- If they like ground beef, try meatballs
- If they hate fish, try mild white fish (cod, tilapia)
- If they refuse meat, offer eggs, Greek yogurt, beans

Don't force it. Offer exposure.

PSYCHOLOGICAL TRICKS *What We Eat*



THE BUFFET METHOD

Put out 5-6 options. Let them build their own plate.

Example dinner spread: ● Grilled chicken (cut into strips) ● Ground beef (seasoned)

● Brown rice ● Sweet potato cubes ● Roasted broccoli ● Sliced avocado ● Salsa, guac, hot sauce.

They choose. You win.

THE "GROWN-UP FOOD" TRICK

Frame it as: "This is what pro athletes eat."

Kids want to feel mature, capable, elite.

Try: ● "LeBron eats salmon before games." ● "Olympic sprinters fuel with sweet potatoes." ● "Championship teams don't eat Takis."

Peer pressure, but make it healthy.

THE REWARD REFRAME

Instead of: "If you eat vegetables, you can have dessert."

Try: "We eat fuel first, then we can have a treat."

The difference? Food isn't a punishment OR a reward. It's just the order of operations.

WHEN TO LET IT GO PICK YOUR BATTLES

Fight these:

- Refusing to eat ANY vegetables ever
- Only eating junk/processed food
- Skipping meals entirely

Let these slide:

- Not liking ONE specific food
- Preferring certain textures
- Eating the same healthy foods on repeat

If they'll eat chicken and sweet potatoes every day? LET THEM.
Consistency > variety when you're dealing with picky eaters.

THE DEVELOPMENT FACTOR

Taste buds change every 7 years.

A food they hate at 13? They might love at 16.

Keep offering. No pressure. Just exposure.

✓ THE PARENT MANTRA

Your job:

- Provide good options
- Model good behavior
- Create a positive food environment

Their job:

- Decide what to eat (from options you provide)
- Decide how much to eat
- Listen to their body

YOU control the WHAT.

THEY control the HOW MUCH.

Don't blur those lines.

🔥 THE BOTTOM LINE

Picky eating is normal.

But it doesn't mean you give up and let them eat garbage.

Set boundaries. Offer choices. Model behavior. Be patient.

Most picky eaters grow out of it IF you don't make food a battleground.

Your athlete will eat when they're hungry.

Make sure what's available is GOOD.

HERE ARE SOME ADDITIONAL POINTS TO CONSIDER:

- **Stress is one of the biggest emotional factors that can affect our food choices.**

When we are stressed, our bodies release cortisol, which can increase our appetite and lead us to crave high-fat, high-sugar foods. This is why stress eating is a common phenomenon, and it can be difficult to break the cycle.

- **Sadness and depression can also lead to overeating**

Comfort foods provide a sense of familiarity and nostalgia, which can be comforting when we are feeling down. However, relying on these foods can lead to unhealthy eating habits and weight gain.

- **Conversely, positive emotions such as joy and excitement can also influence our food choices.**

For example, we may indulge in a fancy dinner or rich dessert to celebrate a special occasion. While it's important to enjoy these moments, it's also important to maintain a balanced and healthy diet overall.

- **Mindful eating is a helpful practice for becoming more aware of our emotions and how they impact our food choices.**

By paying attention to our hunger cues and being present while we eat, we can make healthier choices and cultivate a more positive relationship with food. This can also help us break the cycle of emotional eating and develop a more balanced and sustainable approach to nutrition.

WHY IRON MATTERS FOR TRACK ATHLETES

Iron carries oxygen to your muscles.

No iron = No oxygen delivery = Can't perform

THE TRACK ATHLETE PROBLEM:

Track athletes need MORE iron than average because:

High-impact activity (running) breaks down red blood cells faster

Foot strike hemolysis (literally destroying blood cells with each step)

Sweat loss (losing iron through perspiration)

For females: Monthly menstrual blood loss

The result? Many track athletes are iron-deficient and don't even know it.

* SIGNS OF LOW IRON

Your athlete might have low iron if they:

- **Feel exhausted even after rest days**
- **Can't catch their breath during runs (even though they're in shape)**
 - **Experience "heavy legs" that won't move**
 - **Get dizzy or lightheaded**
 - **Have constant headaches**
 - **Feel cold all the time**
- **Get sick frequently (weak immune system)**
 - **Have pale skin, pale nail beds**

If you notice these symptoms, get their iron levels checked by a doctor.

IRON-RICH FOODS

HEME IRON (ANIMAL SOURCES - BETTER ABSORBED)

- **RED MEAT (BEEF, BISON) - 2-3MG PER 3OZ SERVING**
- **ORGAN MEATS (LIVER - HIGHEST SOURCE) - 5MG PER 3OZ**
- **TURKEY (DARK MEAT) - 2MG PER 3OZ**
- **CHICKEN (DARK MEAT) - 1MG PER 3OZ**
- **SARDINES - 2-3MG PER CAN**
- **OYSTERS, CLAMS, MUSSELS - 3-5MG PER 3OZ**

NON-HEME IRON (PLANT SOURCES - LESS ABSORBED BUT STILL VALUABLE)

- **DARK LEAFY GREENS (SPINACH, KALE, SWISS CHARD) - 2-4MG PER CUP COOKED**
- **LENTILS - 3MG PER 1/2 CUP COOKED**
- **BEANS (KIDNEY, BLACK, CHICKPEAS) - 2-3MG PER 1/2 CUP**
- **TOFU - 3MG PER 1/2 CUP**
- **PUMPKIN SEEDS - 4MG PER 1/4 CUP**
- **QUINOA - 2MG PER CUP COOKED**
- **FORTIFIED CEREALS - VARIES (CHECK LABEL)**
- **DARK CHOCOLATE (70%+ CACAO) - 3MG PER OZ**

ABSORPTION

Boosters

Iron absorption is **TRICKY**. You can eat iron-rich foods and still not absorb it well.

BOOST ABSORPTION WITH: VITAMIN C (eat with iron-rich foods)

- Orange juice
- Strawberries
- Bell peppers
- Tomatoes
- Broccoli
- Kiwi

Example combos:

- Spinach salad + strawberries + bell peppers
- Lentil soup + tomatoes
- Steak + roasted broccoli
- Fortified cereal + orange juice

ABSORPTION BLOCKERS AVOID THESE WITH IRON-RICH MEALS:

CALCIUM (competes with iron for absorption)

- Don't drink milk with iron-rich meals
- Separate calcium supplements from iron intake by 2+ hours

COFFEE & TEA (tannins block absorption)

- Wait 1-2 hours after eating before drinking coffee or tea

PHYTATES (found in grains, beans)

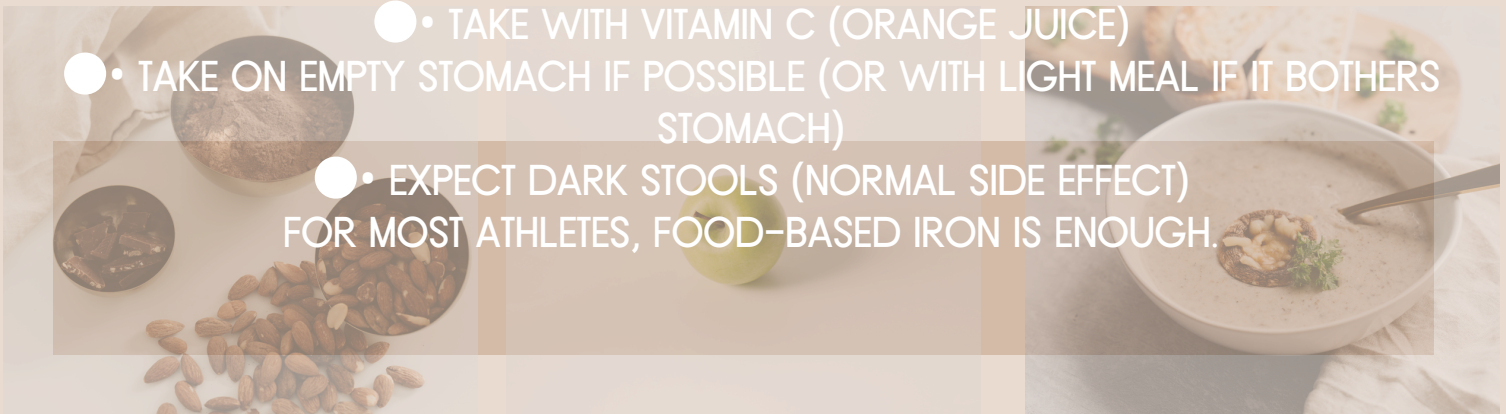
- Soaking beans overnight reduces phytates
- Cooking grains properly helps

IRON SUPPLEMENTS: YES OR NO?

DO NOT SELF-PRESCRIBE IRON SUPPLEMENTS.

WHY?

- TOO MUCH IRON IS TOXIC
 - CAN CAUSE CONSTIPATION, NAUSEA, STOMACH PAIN
 - MAY INTERFERE WITH OTHER NUTRIENTS
- IF YOUR DOCTOR CONFIRMS LOW IRON:
- THEY'LL PRESCRIBE THE RIGHT DOSE
 - TAKE WITH VITAMIN C (ORANGE JUICE)
 - TAKE ON EMPTY STOMACH IF POSSIBLE (OR WITH LIGHT MEAL IF IT BOTHERS STOMACH)
 - EXPECT DARK STOOLS (NORMAL SIDE EFFECT)
- FOR MOST ATHLETES, FOOD-BASED IRON IS ENOUGH.





HYDRATION: *The Forgotten Fuel*

• WHY TRACK ATHLETES NEED MORE WATER

Every time your athlete runs, they:

- Lose water through sweat
- Lose electrolytes (sodium, potassium, magnesium)
- Increase blood flow demand
- Generate heat that needs to be cooled

Dehydration = Performance drops 10-30%

Even 2% dehydration causes:

- Slower times
- Reduced power
- Mental fog
- Increased perceived effort

• HOW MUCH WATER?

BASELINE: Half your body weight in ounces

Example:

- 120 lb athlete = 60 oz water/day MINIMUM
- 150 lb athlete = 75 oz water/day MINIMUM

ADD MORE ON TRAINING DAYS:

- Pre-practice: +16-20 oz (1-2 hours before)
- During practice: +8 oz every 15-20 min
- Post-practice: +20-24 oz

• URINE COLOR TEST

- Pale yellow = well-hydrated
- Dark yellow = drink more
- Clear = overhydrated (yes, that's a thing - flush out electrolytes)

ELECTROLYTES: WHAT MINERALS DO

SODIUM

- Maintains fluid balance
- Supports nerve function
 - Prevents cramping

Sources: Sea salt, coconut water, electrolyte drinks

POTASSIUM

- Muscle contractions
 - Nerve signals
 - Fluid balance

Sources: Bananas, sweet potatoes, avocados, coconut water, oranges

MAGNESIUM

- Muscle relaxation
- Energy production
- Prevents cramping

Sources: Pumpkin seeds, almonds, spinach, dark chocolate, black beans

THE HYDRATION: Strategy

DAILY:

- Sip consistently (don't chug)
- Add pinch of sea salt to water bottle
- Eat watery foods (cucumbers, watermelon, oranges)

PRE-PRACTICE:

- 16-20 oz water 1-2 hours before
- Skip this = start practice already dehydrated

DURING PRACTICE:

- 8 oz every 15-20 min
- Add electrolytes if practice is 60+ min or very hot

POST-PRACTICE:

- 20-24 oz immediately after
- Coconut water (natural electrolytes)
- Water + pinch of sea salt

COMPETITION DAY:

- Start hydrating 24-48 hours before
- Morning of: sip consistently, don't chug
- Between events: small sips + electrolytes

ELECTROLYTES: MAKE YOUR OWN

HOMEMADE ELECTROLYTE DRINK:

- 32 oz water
- Juice of 1 lemon or lime
- 1 tsp raw honey
- 1/4 tsp sea salt

Why it's better: No artificial colors, flavors, or sugar bombs

COCONUT WATER:

- Natural electrolytes (potassium, sodium, magnesium)
- Post-workout recovery
- No added sugar

WATER + SEA SALT:

- Pinch of sea salt in water bottle
- Sounds weird, works great
- Helps body actually ABSORB water

HYDRATING FOODS

Eat these to boost hydration

- Watermelon (92% water)
- Cucumbers (96% water)
- Strawberries (91% water)
- Cantaloupe (90% water)
- Oranges (87% water)
- Lettuce (96% water)
- Celery (95% water)
- Tomatoes (94% water)

THE BOTTOM LINE

IRON + HYDRATION = THE FOUNDATION OF PERFORMANCE.

YOU CAN'T OUT-TRAIN LOW IRON.

YOU CAN'T OUT-FUEL DEHYDRATION.

GET THESE RIGHT. EVERYTHING ELSE GETS EASIER.



CHAPTER 10: QUICK REFERENCE

Finale

10

EVERY MEAL NEEDS:

- ✓ PROTEIN (palm-sized portion)
- ✓ CARBS (fist-sized portion)
- ✓ HEALTHY FAT (thumb-sized portion)
- ✓ VEGGIES (fill half the plate)

EXAMPLES:

- Chicken + sweet potato + avocado + broccoli
- Eggs + oatmeal + almond butter + berries
- Salmon + brown rice + olive oil + salad

TIMING MATTERS

| WHEN | WHAT | WHY |

|-----|-----|-----|

| Breakfast (within 1hr of waking) | Protein + carbs + fat | Starts metabolism, fuels morning |

| 60-90 min BEFORE practice | Easily digestible carbs | Quick + lasting energy |

| DURING practice (60+ min) | Sip water + electrolytes | Maintain hydration |

| Within 30 min AFTER practice | Protein + carbs | Recovery window |

| Dinner | Full balanced meal | Repair + replenish |

| Before bed (optional) | Protein snack | Prevent overnight breakdown |

BUILD-A-BOWL GUIDE

Pick ONE from each category:

BASE (carbs): •Brown rice •Quinoa •Sweet potato

PROTEIN: •Grilled chicken •Ground beef •Salmon •Eggs •Beans

VEGGIES: •Roasted broccoli •Bell peppers •Spinach •Carrots

FAT: •Avocado •Olive oil drizzle •Nuts/seeds

FLAVOR: •Salsa •Hot sauce •Tahini •Balsamic vinegar

ALWAYS HAVE IN HOUSE:

PROTEINS: Eggs Chicken Ground beef Canned salmon Greek yogurt

CARBS: Sweet potatoes Brown rice Oats Bananas Sourdough Bread

FATS: Almond butter Avocados Olive oil Nuts

SNACKS: Trail mix Hummus Hard-boiled eggs Fruit Rice cakes

HYDRATION CHECKLIST

DAILY GOAL: Half your body weight in ounces

EXAMPLE: • 120 lbs = 60 oz/day/• 150 lbs = 75 oz/day

TRAINING DAY ADD: 16-20 oz pre-practice; 8 oz every 15-20 min during; 20-24 oz post-practice

BOOST ABSORPTION: •Add pinch of sea salt to water; •Drink coconut water post-workout •Eat watery foods (watermelon, cucumbers)

PACK THE BAG

before practice

- Water bottle (filled)
- Pre-practice snack (banana + almond butter)
- Post-practice fuel (smoothie or bar + fruit)
- Backup snack (trail mix or energy ball)
- Extra water

IF COMPETITION:

- Cooler with meals
- Multiple snacks
- Electrolyte drink
- Gallon water jug

SUNDAY

prep checklist

POWER HOUR (60 min):

- Grill 6-8 chicken breasts
- Brown 2 lbs ground beef
- Hard-boil 12 eggs
- Roast sweet potatoes
- Cook brown rice or quinoa
- Chop raw veggies
- Make overnight oats (5 jars)
- Make energy balls
- Portion snacks into bags

DONE = STRESS-FREE WEEK



PRE-RACE FUEL GUIDE

before practice

NIGHT BEFORE:

•Big dinner (protein + carbs + veggies) •Hydrate well •Go to bed early

RACE MORNING (2-3 hrs before):

•Familiar breakfast (tested in training) •Examples: oatmeal, eggs + toast, smoothie •Hydrate (don't chug)

60-90 MIN BEFORE:

•Light snack: banana + dates, rice cake + almond butter •Sip water (8-12 oz)

30 MIN BEFORE:

•Too late to eat •Small sips of water only

IMMEDIATELY AFTER:

•Coconut water + fruit •Full recovery meal within 60 min

WHEN TO

see a Doctor

GET IRON LEVELS CHECKED IF:

•Constantly exhausted despite rest •Can't catch breath during runs
•Heavy legs that won't move •Dizzy or lightheaded often •Getting sick frequently

GET MEDICAL HELP IF:

•Severe dehydration (confusion, no urine, fainting) •Unexplained weight loss •Missing periods (females) •Bone pain or stress fractures
•Persistent GI issues

YOUR ATHLETE'S HEALTH > PERFORMANCE

YOUR JOB:

- ✓ PROVIDE GOOD OPTIONS ✓ MODEL GOOD BEHAVIOR
- ✓ CREATE POSITIVE FOOD ENVIRONMENT
- ✓ STOCK THE KITCHEN ✓ PREP ON SUNDAYS

THEIR JOB:

- ✓ CHOOSE WHAT TO EAT (FROM YOUR OPTIONS) ✓ LISTEN TO THEIR BODY
- ✓ FUEL PROPERLY

NOT YOUR JOB:

- ✗ FORCE THEM TO EAT ✗ FIGHT AT EVERY MEAL ✗ MAKE SEPARATE MEALS
- ✗ STRESS ABOUT PERFECTION