

CREATE YOUR OWN FUELING PLAN

Use this planner to create your own fueling plan



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Planning meals and snacks can be hugely beneficial to your training, fueling plan and overall wellness. Not to mention, planning ahead makes life less hectic! We know as active humans you are super busy, so taking some time to plan and prep your meals ahead is a great way to stay organized and create more time in your life.

Meal planning is also scientifically linked to a more diverse, higher-quality diet, which means it provides nutrients that you likely wouldn't get otherwise. One study found that individuals who plan their meals are more likely to have better adherence to their fueling plan as well as increased food variety.

With these benefits and more in mind, let's get started!



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Use this to create your own fueling plan, keeping performance plates in mind.

Note: move pre/post training snack to the appropriate place as it happens in your day

| Breakfast Time: _____ Focus: To provide fuel for brain power (attention, focus) & training. | Food Ideas 1. 2. 3. |
|---|-------------------------------------|
| Morning Snack Time: _____ Focus: To “top-off” fuel stores, sustained energy | 1. 2. 3. |
| Lunch Time: _____ Focus: provide fuel your brain, muscles & for practice/training (or recovery!) | 1. 2. 3. |
| Pretraining Snack (within 1 hr of training) Time: _____ Focus: To “top-off” fuel stores. Choose simple/easily digested carbohydrates | 1. 2. 3. |
| Post-training Snack (within 1 hr after training) Time: _____ Focus: Recover lost fluids and recover. Include protein & carbohydrate | 1. 2. 3. |
| Dinner Time: _____ Focus: Continue to help with glycogen refuel & muscle recovery | 1. 2. 3. |
| Evening Snack Time: _____ Focus: Prevent night time hunger and muscular breakdown – include a protein source here! | 1. 2. 3. |

LOOKING FOR MORE SUPPORT?

We got you!

There are several ways that we can support your nutrition goals!



The Fuel for More Society is our exclusive membership community where like-minded people come together to support their mindset, health, and performance. Not only will you have access to our community, but you'll also have access to our monthly group calls (classes, guest speaker guests, and live coaching calls), opportunities to ask a sports nutrition expert your questions, and MORE! This is a fantastic way to get to know us while getting supported in your health and performance goals.

How to Nail your Sports Fueling as a Highschool & Collegiate Athlete Everything you need to know about Sports Nutrition as a high school or collegiate athlete. This self-paced program includes 25 modules on sports nutrition, including 4 video modules to help you better understand and apply the information. **You'll have lifetime access to these modules and any updates that come along with it plus the option to upgrade and add on 1:1 sessions with Natalie.**

