



Performance Meal Guide:

HOW TO EFFECTIVELY
BUILD YOUR PLATE FOR
OPTIMAL PERFORMANCE



Understanding

Macronutrients

To build a performance plate, you must first understand what macronutrients are and how they support you.

Macronutrients are essential dietary elements required in large amounts by the body to maintain health, and include:

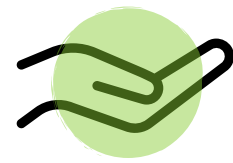
Protein

Carbohydrates

Fats



Carbohydrates



- Carbs are your body's MAIN source of FUEL for your muscles & ENERGY for your brain
- Simple carbs give you QUICK energy v.s. complex carbs that STORE energy for later
- When not enough carbs are consumed, energy levels go down leading to POOR performance & increased INJURY risk

Complex Carbohydrates:

quinoa
farro
potatoes (sweet, white)
oats
barley
brown rice
bulgur
whole wheat pasta
whole wheat bread
popcorn
pretzels



Simple Carbohydrates:

fruits
sweetened drinks
soda
candy
cookies
sports gels & chews
sports drinks



Proteins

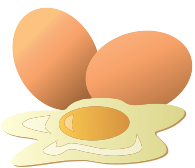


Protein helps make up:

- Tissues - helps build & repair MUSCLES
- Enzymes - help facilitate reactions in the body, like METABOLISM of food into usable energy
- Hormones & Antibodies

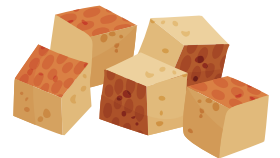
Animal-Based Sources of Protein:

wild salmon
fatty fish
shellfish
beef
lamb
pastured eggs
chicken
yogurt

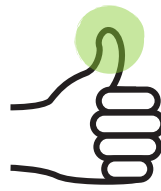


Plant Based Sources of Protein:

beans
legumes
edamame
tofu
tempeh
quinoa
chickpeas



Fats



ESSENTIAL functions of fat:

- MAINTAIN body temperature
- SUPPORT immune function
- PROTECT organs
- FACILITATE nerve transmission
- ASSIST in vitamin absorption

Consuming too LITTLE fat leads to:

- LOW energy levels during aerobic exercise
- COMPROMISED immune function
- INCONSISTENT menstrual cycles in women
- INEFFICIENT digestion of certain nutrients

High Quality Oils:

olive oil
grape seed oil
walnut oil
avocado oil

Nuts:

walnuts
pecans
macadamia
hazelnuts
almonds
pistachios
peanuts



Other Quality

Fats:

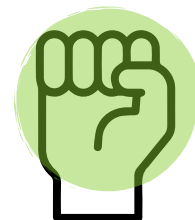
avocado
hemp seeds
flax meal
pumpkin seeds
coconut milk
nut butters
tahini
hummus

Understanding

Micronutrients

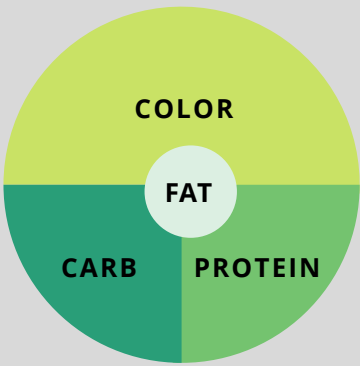
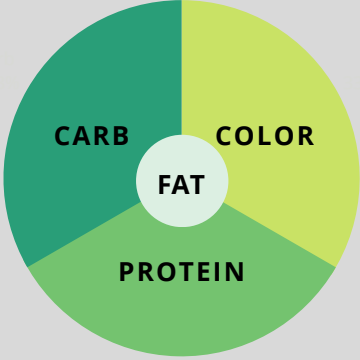
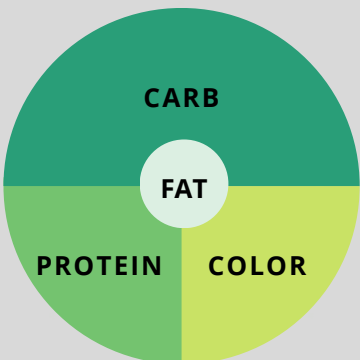
Beyond focusing on macronutrients on our performance plate, it's also important to focus on getting micronutrients on your plate. These are nutrients required in smaller amounts, that are found in most foods. Micronutrients are required for all the important processes in your body.

Micronutrients are found in your macronutrients (carbs, proteins and fats) but also found in fruits and veggies (AKA the "color" part of your plate. Micronutrient include vitamin C, B vitamins, magnesium, iron and more!



PERFORMANCE PLATES

Choose the performance plate that best matches your activity & use that plate as a guide for breakfast, lunch and dinner. You should also include 2-3 snacks per day + a post-training snack

	TRAINING PLATE	TRAINING EXAMPLES
LOW INTENSITY TRAINING & REST DAYS		<ul style="list-style-type: none">• Rest Day/No Practice• Light Body Weight Training• Casual Walks• Short Jogs
MODERATE INTENSITY TRAINING		<ul style="list-style-type: none">• Most Practices• Most Workouts• ~1 hr Strength Training• Endurance Practice + 30 Min Weight Training• 3-5 Mile Runs
HARD INTENSITY TRAINING		<ul style="list-style-type: none">• Game/Competition Days• Tournaments• Pre-Season• Two-A-Days

Color = Fruits + Veggies

What is the difference between a low, moderate and high intensity plate?

When your intensity or duration of training sessions increase, so should your plate portions. It is best to think of this in periods of your training, rather than day to day differences. Keep things simple!

Low intensity training plate refers to off-season training, or little to minimal exercise/training or injury.

Moderate intensity training plate refers to training your typical practice/training sessions or training up to 60 minutes most days of the week.

Hard intensity training refers to game or tournament training, training >60 minutes most days or double training days.



NOTE: these are just guidelines and your portions may need to be adjusted based on your activity, goals, and how you feel (i.e. if you are hungry or feel tired, you may need to increase portions!).

Meal examples

Light Training



Protein pasta salad w/
veggies & cheese



Cheeseburger w/ broccoli
slaw salad



Teriyaki salmon w/ veggies
& potatoes

Moderate Training



Pork chop, potatoes &
green beans



Greek yogurt w/ cereal, fruit
& muffin w/ butter



Pasta w/ veggies, chicken &
cheese

Hard Training



Beef stir fry w/ veggies &
rice



Chicken wrap w/ cheese,
pretzels, fruit & milk



Chicken, southwest rice &
salad w/ cheese



We hope that you found this guide as a useful tool to help with meal planning for your active lifestyle!

If you found this guide useful, but want support or guidance on implementation into your life, we have ways we can support you...

Our monthly membership - [Fuel for More Society](#)
1:1 Nutrition Coaching
Classes & programs



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