



Performance Meal Guide:

HOW TO EFFECTIVELY
BUILD YOUR PLATE FOR
OPTIMAL PERFORMANCE





Hey There!

I created this guide to help you have a better understanding of how to put your plate together to fuel your active lifestyle. I hope that you find this guide helpful. If you have any questions or want further guidance, I am only a message away!

How to use this guide:

1. On page 3, decide which "training plate" fits your current training intensity. If you aren't sure which intensity you fall into, see page 5.
2. On page 4, you'll find examples of each food group. Choose what foods/combinations you want from each food group & build your performance plate using the portion guide on page 3.



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HAND GUIDE

USE THIS AS A REFERENCE FOR ESTIMATING PORTIONS OF EACH FOOD GROUP AT EACH MEAL



PROTEIN
1 SERVING = 1 PALM

CONVENTIONAL MEASUREMENT

3-4 oz cooked meat, 2 whole eggs, 1 cup Greek yogurt

- Low Intensity Training Plate: 1 Palm
- Moderate Intensity Training Plate: 1-2 Palms
- Hard Intensity Training Plate: 1-2 Palm



CARBS
1 SERVING = 1 CUPPED HANDFUL

CONVENTIONAL MEASUREMENT

1/2-2/3 cup cooked grains/legumes

- Low Intensity Training Plate: 1 Cupped Handful
- Moderate Intensity Training Plate: 1.5 Cupped Handfuls
- Hard Intensity Training Plate: 2 Cupped Handfuls



COLOR
1 SERVING = 1 FIST

CONVENTIONAL MEASUREMENT

1 cup non-starchy vegetables (raw or cooked), 1 medium fruit

- Low Intensity Training Plate: 2 Fists
- Moderate Intensity Training Plate: 1.5 Fists
- Hard Intensity Training Plate: 1 Fist



FATS
1 SERVING = 1 THUMB

CONVENTIONAL MEASUREMENT

1 tbsp fat

- Low Intensity Training Plate: 2 Thumbs
- Moderate Intensity Training Plate: 1.5 Thumbs
- Hard Intensity Training Plate: 1 Thumb

Food Group Food Sources

Carbohydrates

Pasta
Whole Grain Breads/Wraps/Bagels
Potatoes
Quinoa
Rice
Pretzels
Popcorn
Corn
Beans
Oatmeal
Cereal

Fruits & Veggies

Fresh, frozen
Fresh, frozen or canned veggie
100% fruit juice
100% vegetable juices

Proteins

Chicken/Beef/Pork
Eggs
Yogurt
Cottage Cheese
Edamame
Tofu
Legumes
Cow's or Soy Milk

Fats

Olive oil
Avocado
Nuts/seeds
Butter
Mayo
Hummus
Nut Butters
Cheese



**Plug these foods into the
plate portions listed above,
based on your training!**



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