

# INFINITE FITNESS

## Nutrition for Serious Athletes

The number one factor that will affect your performance is how well you feed your body. Your body needs the right amount of specific foods to perform, recover, and grow. As serious athletes we push our bodies further and faster than the general population. The standard guidelines for nutrition are not enough to satisfy the needs of the serious athlete. Most athletes don't follow the minimum standards set for the general population. At some point either in practice or in a game your nutrition will make the difference between winning and losing!

***Poor nutrition will limit your performance and increase the chance of injury!***

### Benefits of Proper Nutrition

Proper Nutrition	Poor Nutrition
Better Attitude	Negative Feelings About Practice
Improved Work Ethic, drive, self efficacy	Lack of desire, You Will Never Finish First
Better Focus, Confidence	Lack of Confidence, Your Stats Suffer
Improved Retention / Coachable	Lack of Focus, Uncoachable
Quicker Reaction, Improved Instincts , Consistent	Simple Mistakes, Mental Errors, Turnovers
Sustained Energy	Energy Fluctuates
Strength, Endurance, Quickness, Speed, Agility	Heavy Legs, Cramps, Clumsy, Poor Vision
Growth - Reduction In Chance Of Injury	Atrophy - Multiples Injuries

### Nutritional Guidelines

#### 1. Plan and prepare your meals

- The choices you make today will determine how you perform tomorrow
- Take a lunch with you each day

#### 2. Eat 4 to 6 balanced meals each day

- Always keep snacks or a meal replacement on hand
- Eat every 3 to 4 hours

#### 3. No fast foods or fried foods

- Eat foods that fill you up, but don't make you feel heavy
- Sugar, Salt, and Fat will make you sluggish

#### 4. Hydration is the key to sustainable energy

- Eliminate sugar and salt from your diet as much as possible (SODA/JUICE)
- Hydrate early and often
- Sleep 8-10 hours to ensure hydration and recovery

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## **Nutritional Requirements**

<b>General Population</b>	<b>Serious Athletes</b>
<b>Meats/Proteins</b> 3 Servings	<b>Meats/Proteins</b> 5 Servings
<b>Breads/Starches/ Simple Carbohydrates</b> 4 Servings	<b>Breads/Starches/ Simple Carbohydrates</b> 5 Servings
<b>Fruits</b> 2 Servings	<b>Fruits</b> 5 Servings
<b>Vegetables</b> 3 Servings	<b>Vegetables</b> 5 Servings
<b>Dairy</b> 2 Servings	<b>Dairy</b> 4 Servings
<b>Water</b> 64 Oz Daily	<b>Water</b> 128 - Oz Daily
<b>3 – 4 Balanced Meals Daily</b>	<b>5 - 6 Balanced Meals Daily</b>

### **Meat/Proteins**

{2 Eggs, 1 ½ Cup Beans, 3 Ounces Meat, 1/4 Cup Nuts}

### **Breads/Starches/Carbohydrates**

{½ Cup Rice, Pasta, Oatmeal, Cereal, ½ Potato, 1 Slice Bread}

### **Fruits/Carbohydrate**

{1 Apple, 1 Orange, ¾ Cup Juice, Grapes, Bananas}

### **Vegetables/Carbohydrates**

{1 Cup Green Leafy, ½ Cup Raw Or Cooked, Tomato, ½ Cup Juice}

### **Dairy/Carbohydrate & Protein**

{1 Cup Milk, Yogurt, Pudding, 1.5 Ounces Cheese}

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***Eat Enough to Perform, Recover, and Grow!***

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## **Sample Meal Plan for Athlete's**

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### **Break Fast**

Oatmeal, Eggs, Toast, bacon, Milk, Grapefruit  
16 oz water

### **Morning Snack**

Peanut Butter and Jelly, Yogurt, Banana  
16 oz water

### **Lunch**

Chicken, Pasta, Salad / Subway foot long / Meat and 2 sides  
16 oz water

### **Mid day snack**

Smoothie / Protein Shake / Protein Bar / Fruit and Greek yogurt  
16 oz water

### **Dinner**

Fish, Rice, Vegetables / Salad with Protein  
16 oz water