

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

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

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}

Eat Enough to Perform, Recover, and Grow!

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Sample Meal Plan for Athlete's

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