



Every athlete is  
...born with tools and ability  
...learns technique and mindset  
...and **chooses** to fuel their efforts.

Are you maximizing what you were  
born with and have taken the time to  
develop? Or are you getting the  
maximum minimum out your body?

## A DAY IN THE LIFE OF A **FUELED** ATHLETE

Jennifer Brunelli, MS RD LDN



# ATHLETE'S PLATE

## HARD TRAINING / RACE DAY:

### FATS

2 Tablespoons



Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



### Grains

Pasta  
Rice  
Potatoes  
Cereals  
Breads



Fresh Fruit  
Stewed Fruit  
Dried Fruit



Water  
Dairy/Nondairy  
Beverages  
Diluted Juice  
Flavored  
Beverages



Coffee  
Tea

### FLAVORS

Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

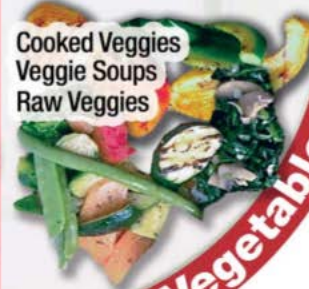


### Lean Protein

Poultry  
Beef/Game/Lamb  
Fish  
Eggs  
Low-Fat Dairy  
Soy (e.g., Tofu,  
Tempeh)  
Legumes/Nuts



Cooked Veggies  
Veggie Soups  
Raw Veggies

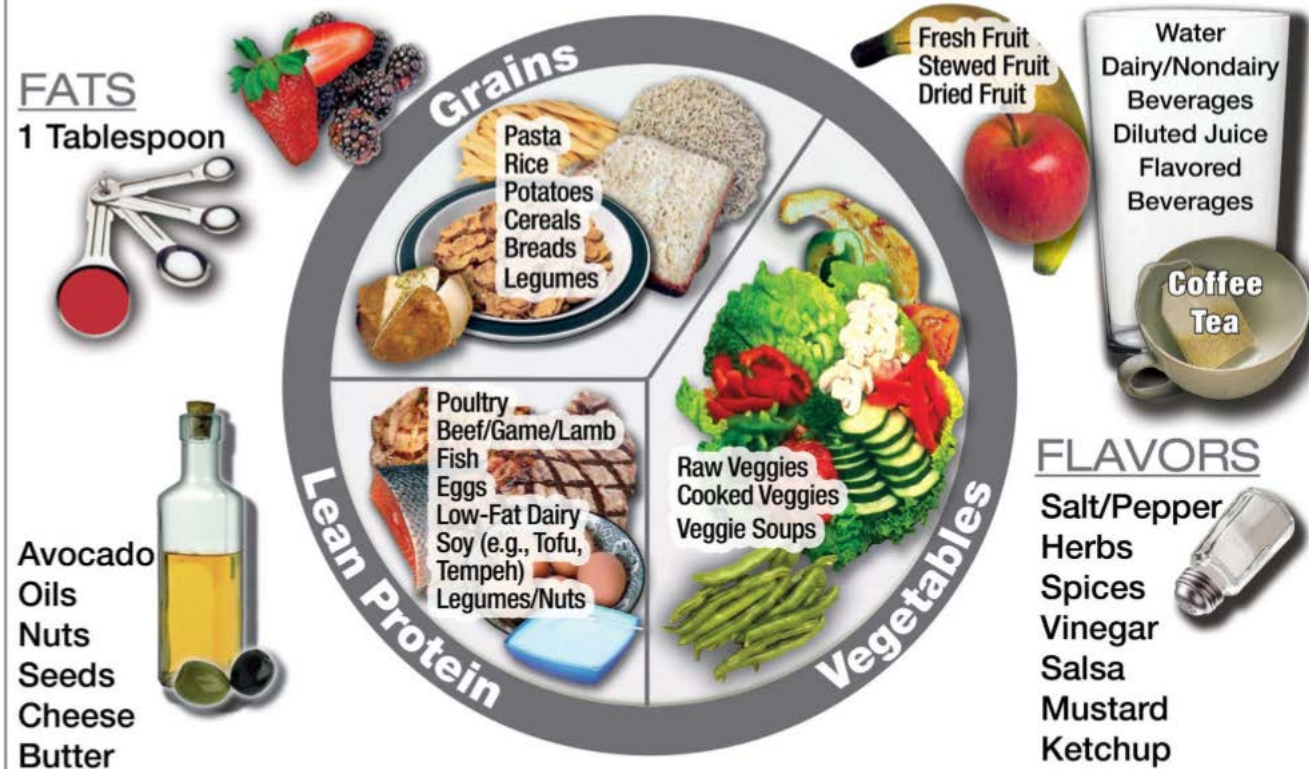


### Vegetables



# ATHLETE'S PLATE

## MODERATE TRAINING:





# ATHLETE'S PLATE

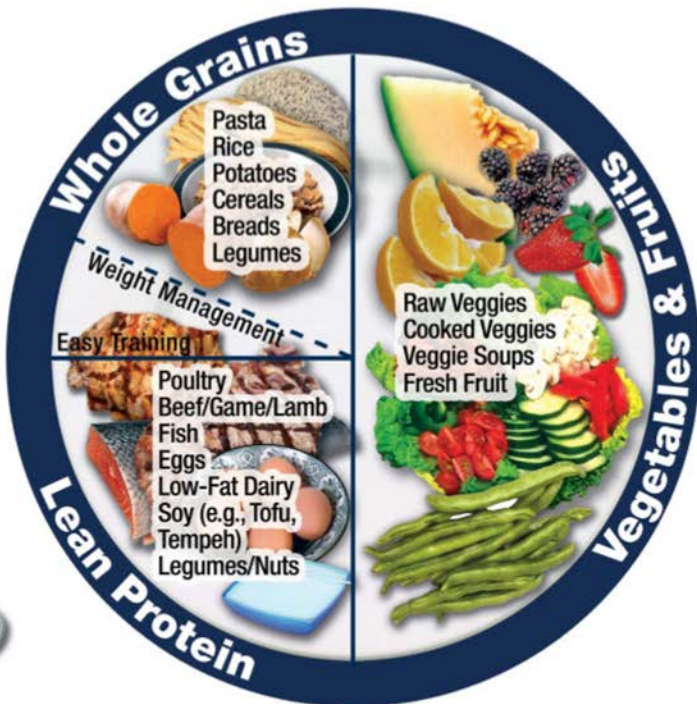
## EASY TRAINING / WEIGHT MANAGEMENT:

### FATS

1 Teaspoon



Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



Water  
Dairy/Nondairy  
Beverages  
Diluted Juice  
Flavored  
Beverages

Coffee  
Tea

### FLAVORS

Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

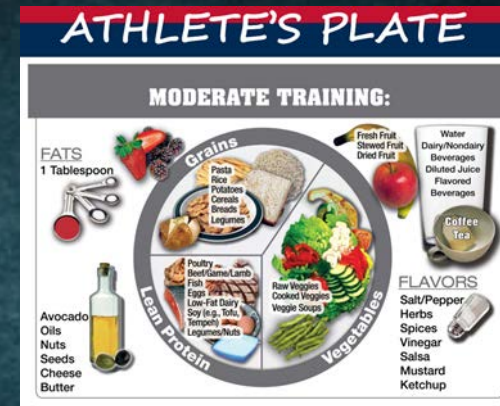




PRE



Lunch



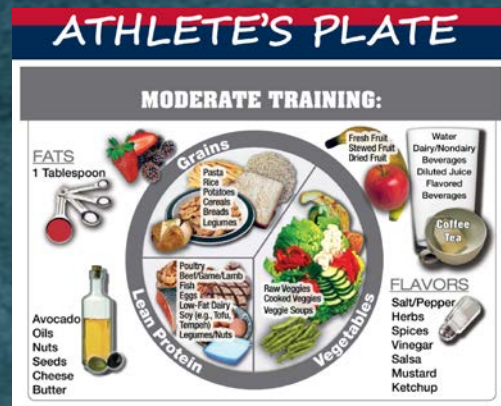
POST



PRE



Snack



Dinner





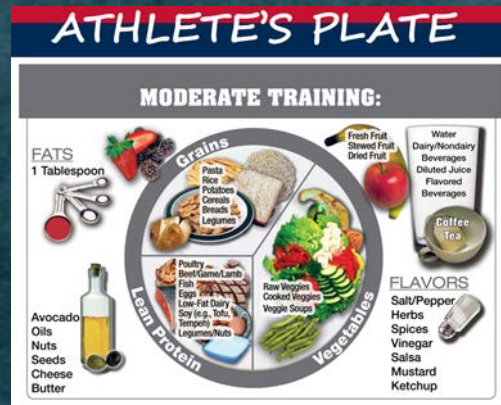
PRE



Lunch



POST



PRE



Snack



Dinner





# How does fueling change based on weight control needs?

1. Timing doesn't change. You still need to meet the recovery demands
2. "Starchy" carbs never disappear. They get strategically included
3. Preworkout needs are always carb specific to give you efficient energy
4. Dinner should always happen after practice. Even if practice lets out late



# Meal building

Carbohydrate= energy	Protein= recovery	Healthy fat= decrease damage	Anti inflammatory= less pain
Brown rice Wild Rice Quinoa Potatoes with the skin Whole wheat/regular pasta Whole grain bread/buns Chickpea/Bean Pastas Soy Bean Pastas Oatmeal Couscous Buckwheat (grain or pancakes) Bulgur Farro	Chicken (no skin) Turkey Lean grass fed ground beef Salmon Shrimp Halibut Tuna Tofu Tempeh Eggs Peas Edamame Nut Butters	Olive oil Canola Oil Nuts (almonds and cashews) Seeds (pumpkin, flaxseed) Avocadoes Nuts Seeds Dark Chocolate Salmon Spirulina	Berries Cherries (montomerency) Bell peppers (RYO) Carrots Sweet potatoes Greens (spinach/kale) Zucchini/Squash Broccoli Brussel Sprouts Garlic Ginger Lemons/limes



# Typical Student Athlete Day

## PART 1 of 2

Time	Purpose	Meal
5:30am	Pre-workout	<ul style="list-style-type: none"> <li>• Applesauce packet and Fage/Siggis greek yogurt</li> <li>• Bowl of multigrain cheerios with lowfat milk</li> <li>• PB and banana on 2 pcs whole wheat bread</li> </ul>
730am	Breakfast/ Post workout	<ul style="list-style-type: none"> <li>• Whole grain bagel with 2-3 eggs, avocado or cheese, and glass low fat milk</li> <li>• Greek yogurt parfait with granola, berries, banana, tbsp. nut butter</li> <li>• Smoothie- greek yogurt, berries, tbsp. ground flaxseed, 20 gram scoop whey protein isolate</li> <li>• Cliffbuilders bar, banana, and 8 oz lowfat milk</li> </ul>
920am	Snack	<ul style="list-style-type: none"> <li>• Single serving hummus cup with pretzels and carrots</li> <li>• Turkey and cheese rollups with apple</li> <li>• Trail mix with almonds, pumpkin seeds, dried tart cherries, dark chocolate and an orange</li> </ul>
12:30pm	Lunch	<ul style="list-style-type: none"> <li>• Brown rice bowl with black beans, chicken, grilled veg, salsa, and a pineapple juice</li> <li>• Grilled chicken sandwich on whole wheat with sweet potato fries and bowl of berries</li> <li>• Tuna fish packet with ½ avocado on whole wheat wrap with lettuce, tomato; bag of food tastes good sweet potato chips; bowl of berries</li> </ul>



# Typical Student Athlete Day

## PART 2 of 2

Time	Purpose	Meals
315pm	Pre-workout Snack	<ul style="list-style-type: none"> <li>• PB and banana sandwich with Gatorade</li> <li>• Protein shake with banana</li> <li>• Cliffbuilders bar and banana</li> </ul>
4-6pm	During workout	<ul style="list-style-type: none"> <li>• 30-60 grams carb per hour training (if workouts are more than 90 minutes)</li> <li>• Gus, chews, gels, pretzels, fig newtons, oranges, bananas, gatorade</li> </ul>
630pm	Post workout/ Dinner	<ul style="list-style-type: none"> <li>• Baked Sweet potato with beef and bean chili on top, side of garlic broccoli, glass of lowfat milk</li> <li>• Whole wheat pasta with ground turkey meat sauce and brown sugar carrots, lowfat milk</li> <li>• Fajitas with whole wheat tortillas, chicken or ground turkey, peppers/onions/tomatoes, salsa, guacamole, lowfat milk</li> </ul>
830-9pm	Recovery AND/OR Weight gain	<ul style="list-style-type: none"> <li>• Greek yogurt with berries (granola and nuts/seeds on top for extra calories for weight gain)</li> <li>• Bowl of cereal with milk, and berries</li> <li>• 1/3 to ½ portion of dinner</li> </ul>



# Late Practice/Game Day

## Same morning schedule, then...

Time	Purpose	Meals
4pm	Pre-workout/game Meal	<ul style="list-style-type: none"> <li>Pasta with chicken parm and sautéed green beans, pineapple juice</li> <li>Chicken and cheese quesadilla with salsa and guacamole</li> <li>Sweet potato wedge fried with grilled chicken sandwich and piece of fruit</li> </ul>
6-8pm	During workout/game	<ul style="list-style-type: none"> <li>30-60 grams carb per hour training (if workouts are more than 60 minutes)</li> <li>Gus, chews, gels, pretzels, fig newtons, oranges, bananas, gatorade</li> </ul>
830-9pm	Post workout/Dinner	<ul style="list-style-type: none"> <li>Baked Sweet potato with beef and bean chili on top, side of garlic broccoli, glass of lowfat milk</li> <li>Whole wheat pasta with ground turkey meat sauce and brown sugar carrots, lowfat milk</li> <li>Fajitas with whole wheat tortillas, chicken or ground turkey, peppers/onions/tomatoes, salsa, guacamole, lowfat milk</li> </ul>



# All Day Saturday Meets

1. Eat REAL breakfast before you leave the house
2. Bring a pre- warmup snack to have
3. Bring snacks to have between events
4. Bring lunch or know where you are going to get it from in advance
5. Have protein sources that you can include during big gaps between events or once you finish the day (ie greek yogurts, jerky, shelf stable milks, protein shakes, tuna fish packets, trail mix, etc)
6. Have fluids easily available
7. Be over-prepared with food



# Breakfast

- **Overnight oats**- oats, yogurt, berries, nuts seeds, dark chocolate
- **>3g fiber and <8g sugar per serving Cereals** with milk- Multigrain cheerios, protein cheerios, frosted mini wheats, etc; add berries/bananas/ground flaxseed
- **Pancakes** (make ahead of time, or get Kodiak cakes)- incorporate berries, nuts, seeds, protein powders into them
- **Potato hash with eggs** (make sweet potato, peppers, onions hash in advance and cook eggs that morning)
- **Greek yogurt parfait**- fage/siggis/dannon triple zero; include granola, berries, ground flaxseed, etc
- Cliffbuilders **bar and a piece of fruit**



# Lunch

- Leftovers
  - Rice bowls that can be reheated
  - Pasta dishes with protein added
  - Baked potato with chili on side
- Sandwiches/Wraps (whole grain bread, nitrite/nitrate free meats), fruit, Food Tastes Good chips, milk
- Mason jar salads (get protein at school)
- Tuna packet, triscuits, string cheese, fruit, milk
- Hummus, veggies, pretzels, fruit, hard boiled eggs



# Snacks

1. During the day- include carb, protein, anti-inflammatory
2. Preworkout- heavy carbs, moderate protein, low fat
3. Postworkout- moderate carbs, high protein, low fat

Whole grain carbs	Proteins and Healthy fats	Fruit and veggie
Triscuits/Wheat thins	Hummus	Bell pepper slices
Brown Rice cakes	Nuts/seeds	Baby carrots
Whole grain bread	Guacamole	Apples
Pita	Hardboiled eggs	Oranges
Popcorn	Olives	Berries
Cereals	Greek Yougrt	Banana
Pretzels	Nut Butters	Pineapple
Cold pancakes	Cottage Cheese	Dried fruit
Granola bars	Cheesestick	Smoothies



# Grab and Go Brands

- Beanfield chips
- Food Tastes Good chips
- Aussie bites (Costco)
- Kodiak Cakes
- Tasty Bite Lentils
- Seeds of Change rice packets
- Kirkland montomercy dried tart cherries
- Applesauce packets
- Frozen/dried fruit/berries
- Orchard Valley Trail mix
- Cliffbuilders, RxBars, Lara bars, Kind bars, Think thin protein bars
- Pffit or Pb2
- Explore Asian edamame pasta
- Banza Chickpea pasta
- Sabra Hummus
- Premade guacamole packets
- Greek yogurt dressings
- Dr Praegers veggie burgers
- Aidells or Applegate chicken sausages
- Whole grain uncrustables
- Whole Fruit ice pops
- Halotop ice cream
- Bipro or Klean whey protein isolate
- High Brew cold brew coffee+protein



# Ordering at a restaurant

- 2 sandwiches is better than a sandwich and fries
- Watch sauces like mayo, tartar sauce, ranch dressing; catsup, mustard, barbeque sauce OK
- Grilled = better than fried
- Sandwiches are better than nuggets
- Best steak choices end in “loin” or “round.” Avoid ribeye, T-bone, porterhouse. Get 8 ounce steak or less
- Don’t LOAD your baked potato...pick 1 topping! Carb, Pro, Anti!
- Watch the toppings! Pepperoni and sausage add 150 calories per slice!
- Ask for the whole grain version (ie brown rice, whole grain bread)
- Add vegetables and beans!
- Wings are ~150 calories, 15 grams fat **PER WING.** Limit sauces.
  - 20 wings = 3000 calories, 200 grams fat



# Fast food keywords

## Order:

- Grilled
- Seared
- Lean
- Steamed
- Boiled
- Broiled
- Tomato based sauces
- Broth based soups
- Vinaigrettes
- Fruits & vegetables as sides
- Water
- Mustard
- Salsa as topping

## Avoid:

- Fried
- Dipped
- Battered
- Creamed
- Breaded
- Bottomless dishes
- Cream sauces
- Cream dressings
- High fat sides
- Sodas
- Mayonnaise toppings
- Sour cream toppings



# Thank you!

- Jennifer Brunelli, MS RD LDN
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- Offices in Carolinas Sports Clinics
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  - Fort Mill