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# NC Fusion Nutrition Guide 2017



## Breakfast

A healthy balanced breakfast is going to help give you the energy to get through the day as well as by consuming protein you will supply your muscles with the amino acids they need to help you perform at your best

An ideal breakfast will have a good balance of healthy carbohydrates, protein and good fats

Examples:

- Omelets with turkey and avocado
- Scrambled Eggs with a side of whole wheat toast and peanut butter
- Pancakes made with protein powder and a side of fruit
- Oatmeal and a protein smoothie

## Hydration

It is so important to make sure you are always hydrated. As a general rule you should have water with each meal and try to carry a water bottle with you during the day.

Right before, during and right after practice would be the time for a sports drink. Other than those times water is the preferred choice. If you get bored with water there are several flavored water options that are good and don't have any sugar.

## Lunch

As with breakfast you want a balanced meal for lunch. While your lunch might be slightly higher in carbohydrates it is still very important to get protein with each meal. The only thing you want to avoid, as you get closer to practice is high fat or greasy foods. They can often lead to stomach aches during practice

Examples:

- Chicken/Turkey Sandwich: Whole wheat bread with veggies
- Tuna/Salmon Salad
- Pizza on wheat crust with chicken and veggies
- Lentil Soup with a salad

## Post Workout

It is very important that you get some good nutrition right after you finish practice. On your way home a good high protein snack will help your body recover and help you start to build lean muscle.

Examples:

- Protein Shake
- Protein Bar
- Turkey/Chicken Sandwich

## Dinner

Your post workout snack doesn't take place of dinner. Like you had for Breakfast and Lunch, Dinner should have a balance of Carbohydrates, Proteins and Fats.

Dinner examples:

- Salmon with rice and veggies
- Beef tacos with corn tortillas, black beans and veggies
- Lentil Soup with a salad

## Snacks

During school it can be tricky find time to have a snack but it is important to try and get at least one snack in during the day especially if you have practice in the afternoon.

Protein rich snack will help you feel full for longer so they are a good choice for a morning snack.

Morning snack examples:

- Greek Yogurt
- Nuts
- Protein Bar

In the afternoon a higher carbohydrate snack is preferred, as it will give you some fuel, as you get closer to practice.

Afternoon snack examples: (after lunch)

- Fruit
- Energy bar
- Turkey/Chicken Sandwich

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