****

**General Nutrition Guidelines:**

**Plate Breakdown**

* Each meal should consist of the following:
  + Protein source
  + Carbohydrate source
  + Fat source
  + Vegetable (1-2 cups)
* Protein intake per day approximately 2.0 grams per kilogram of bodyweight
* Carbohydrate intake per day approximately 8-10grams per kilogram of bodyweight
* Fat intake per day approximately 1.5 grams per kilogram of bodyweight

**Meal Breakdown**

* Shoot for 4-5 feedings (meals and snacks) per day
* 25-35 grams of protein per meal
* 50-75 grams of carbohydrate per meal
  + 30 grams of carbohydrate during workouts/practices/game
* 15-20 grams fat per meal

**Macro Sources**

Protein:

* Fish
* Chicken Breast
* Turkey Breast
* Meat (90% lean or leaner)
* Eggs

Carbohydrate:

* Whole Grain Bread
* Potato
* Sweet Potato
* Oatmeal
* Whole Wheat Pasta
* Rice

Workout Carbs:

* + - Gatorade/Powerade
    - Coconut Water
    - Carb Mix
    - Juice

Fat:

* Nuts
* Avocado
* Olive Oil
* Natural Nut Butters
* Canola Oil

**Snacks:**

* Beef Jerky
* PB and J
* Banana and Peanut Butter
* Greek Yogurt
* Protein Shake Plus a Healthy Carb

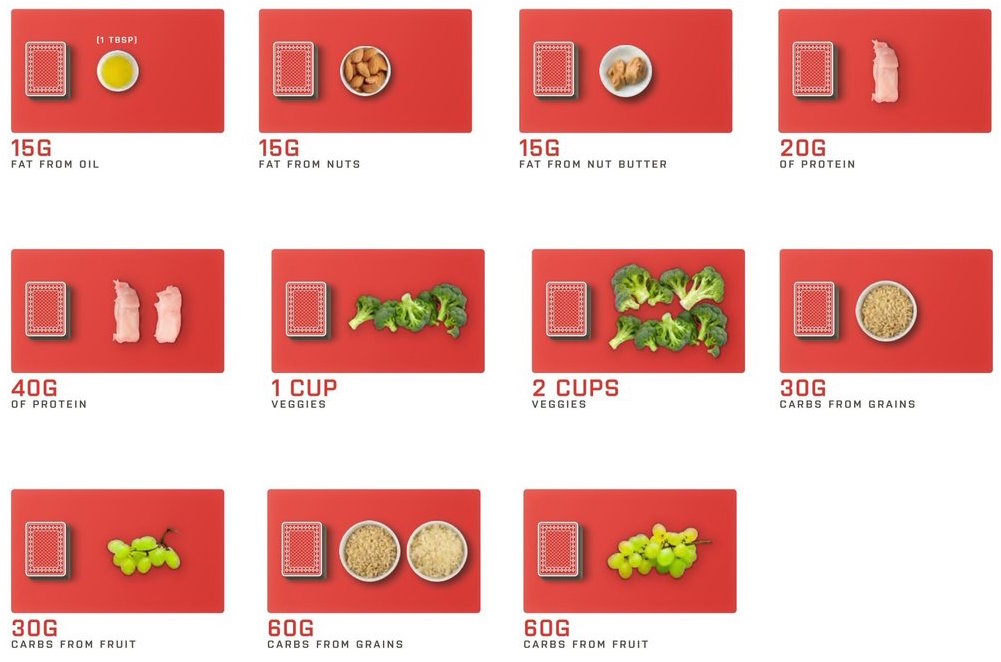
When planning snacks I like to envision a healthy protein source and a healthy carb source! There are tons of options…choose foods you enjoy eating that fall into the previously mentioned categories.

**Hydration:**

* 0.5-1 ounce of water per pound of bodyweight
* Drink water as soon as you wake up in the morning. Get ahead early!
* Outside of intense training/workouts (Gatorade/powerade), stick to water.

**Tips/Tricks:**

* Make breakfast a priority
  + If trying to gain weight try to have 800-1000 calories consumed before 10am
* Prepare for your day of meals/snacks (either the night before or that morning)
  + Pack snacks to fill in the holes between meals
* If caught unprepared, a poor food choice (OCCASIONALLY!) is better than not eating or skipping a meal. DO NOT MAKE IT A HABIT OF EATING FAST FOOD!
* If you are doing weigh-ins, do them in the morning right after you wake up. USE THE SAME SCALE!

**(1 TBSP)**