

PERFORMANCE NUTRITION

FEBRUARY, 2025



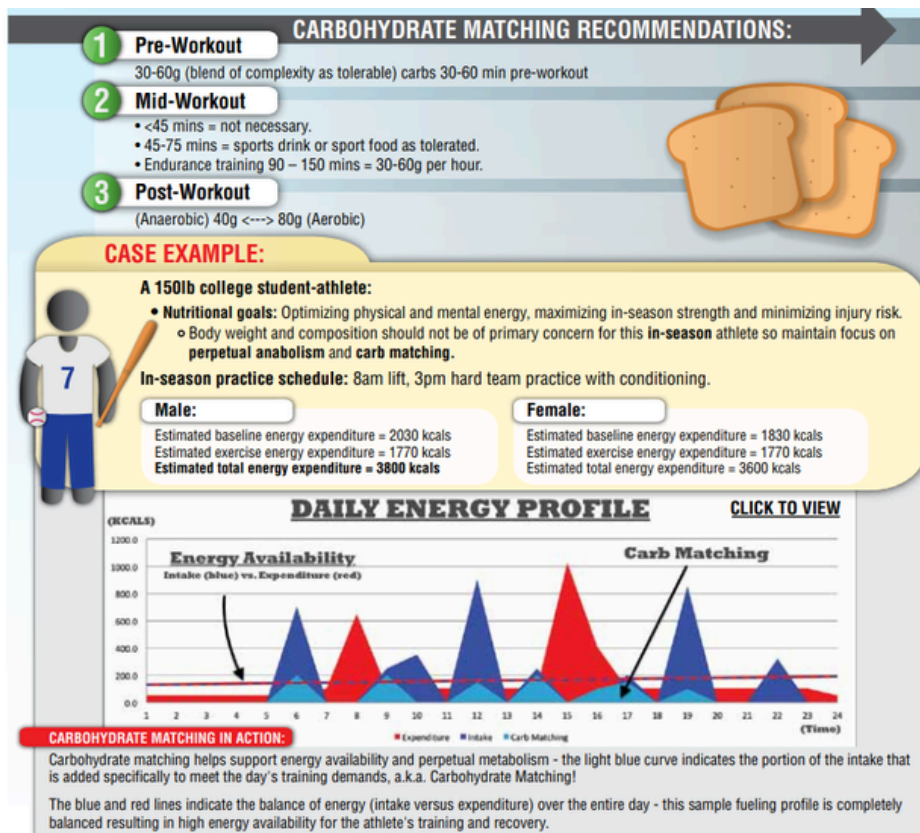
SCAN THE QR CODE BELOW TO SCHEDULE YOUR NUTRITION CONSULTATION



FOCAL POINTS

- NUTRITION PERIODIZATION
- OFF SEASON FOCUS
- PROTEIN RECIPES

WHAT IS NUTRITION PERIODIZATION?



Light	Moderate	High	Very High
Low intensity or skill-based activities	Moderate exercise program 1-2 hrs/day	Endurance program 2+ hours/day Competition Mass/Muscle Gain	Extreme commitment Multi-Sessions per day 4+ hrs continuous training
Carbs 3-5 g/kg/d	Carbs 5-7 g/kg/d	Carbs 6-10 g/kg/d	Carbs 8-12 g/kg/d



75 kg athlete (For Maintenance Performance)

~ 300 g Carbs per day	~ 450 g Carbs per day	~600 g Carbs per day	700+ g Carbs per day
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PROTEIN COFFEE

8-12 oz. black coffee

1 scoop unflavored protein powder

1 tbsp. brown sugar

1-2 tbsp. milk/alternative

1 tsp. vanilla extract

Brew coffee

Mix all brown sugar, milk/alt, and vanilla

Add protein and mix vigorously or use an electric milk frother

NO BAKE PROTEIN BITES

1 cup oats

0.5 cup chocolate chips

0.5 cup flax or chia seed

0.5 cup protein powder

0.5 cup nut or seed butter

2-3 tbsp. honey

1 tsp. vanilla extract

mix all ingredients together

roll into small balls. keep in fridge



PROTEIN SNACK MIX

2 cups salted nuts or seeds

2 cups cheese cubes or alternative

2 cups cubed deli meat or firm tofu

1 cup pretzels

mix all ingredients in large bowl

keep in fridge

portion out 1/2 cup at a time

add dried fruit and crackers for more energy



OFF-SEASON

FOR ATHLETES IN THE OFF-SEASON, THIS IS THE PERFECT TIME TO PERFECT:

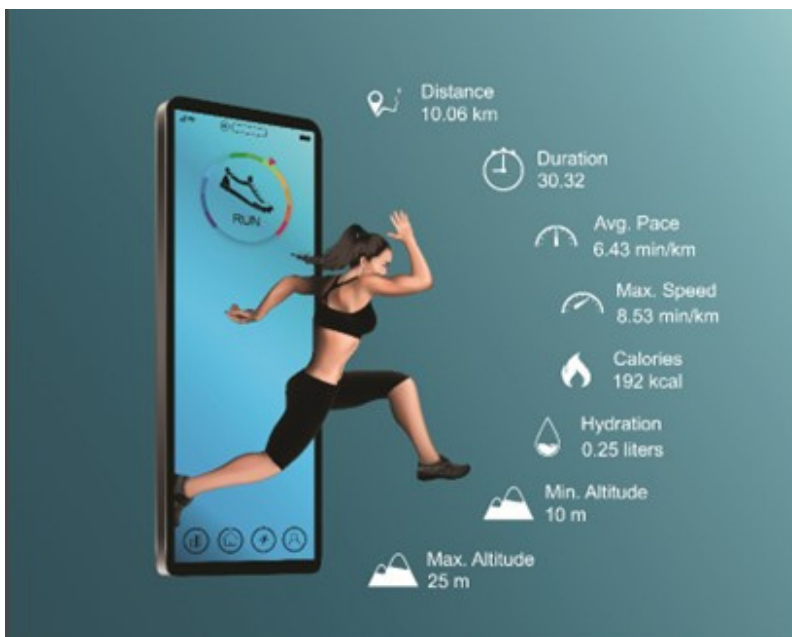
RECOVERY - maximize energy levels, mood, sleep health, and school work

REPAIR - rebuild muscle, tissue, injury rehabilitation

REINFORCEMENT - get back into a solid routine of sleep, school work and studying, friends/teammate connections, good rehydration tactics, and stress management

If these are right for YOU, get an idea of:

- Current Body Composition
- Training Level
- Energy and Nutrition Needs



WHAT TO FOCUS ON

NUTRITION

If your training volume and intensity has decreased, focus on maintaining standardizing your nutrition by:

whole grain, heart healthy carbohydrates
more lean protein at each meal
Increase vegetable and fruit intake
steady intake of water
basic multi vitamin

SUPPLEMENTS (Talk to your RD FIRST!!)

Supplements you may want to consider:

Creatine: can be beneficial for muscle recovery, muscle mass, brain health, and hydration.

Iron: distance runners/heavy training athletes may need to up their iron with a supplement

Protein: easy protein powders can enhance daily protein intake without excess