



2019 Girls Player Development Camp - Nutrition

<b>EATING FOR THE SEASON</b>			
<b>Training Phase</b>	<i>Post-season, post-injury, or rest period</i>	<i>High volume &amp; high intensity training</i>	<i>In-season: games &amp; tournaments</i>
<b>Goals</b>	<i>Physical &amp; mental rest &amp; recovery</i>	<i>Fuel &amp; Adapt</i>	<i>Perform &amp; EXCEL!</i>
<b>Fueling Priorities</b>	1. High quality protein, moderate carbohydrate & fat intake	1. High carbohydrate intake for fueling, recovery, and immune system support	1. High carbohydrate intake for fueling, recovery, and immune system support
	2. Focus on nutrient-dense food choices		
	3. Minimal use of sport bars and sports drinks	2. Adequate protein to maximize training adaptations & muscle recovery	2. Properly timed pre- and post-game fueling for optimal energy, GI comfort, & recovery
	4. Eat intuitively: listen to body's hunger & fullness cues	3. Properly timed pre- and post-workout fueling	3. Vary fluids for optimal hydration & electrolyte intake
<b>Example Days</b>			
<b>Breakfast</b>	Veggie omelet + avocado + berries + low fat milk	Oatmeal + almond butter + honey + sliced banana	Smoothie: Greek yogurt + frozen fruit + spinach + peanut butter
<b>Pre - AM Skate</b>		Applesauce	
<b>On-Ice</b>		Water & Gatorade	Water
<b>Post-Skate Recovery</b>		Chocolate milk	Chocolate milk
<b>Lunch</b>	Spinach salad + quinoa + chopped walnuts + salmon + vinaigrette dressing	Burrito bowl: Black beans + brown rice + chicken + salsa + cheese	Turkey wrap + minestrone soup + yogurt
<b>Pre-Game Meal</b>			Pasta + chicken breast + steamed green beans
<b>Pre-Game or Mid-Day Snack</b>	Veggies + hummus	Greek yogurt + granola + chia seeds	Peanut butter & jelly + clementine
<b>Mid-Game</b>			Water, Gatorade, & applesauce
<b>Post-Game</b>			Chocolate milk
<b>Dinner/Post-Game Meal</b>	Spaghetti squash + lean ground turkey + spinach + tomato sauce	Shrimp & vegetable stir fry + brown rice + low fat milk	Lean grilled steak + roasted sweet potatoes + broccoli
<b>Evening snack</b>	Fat free popcorn	Cottage cheese + sliced strawberries	2 squares 80% cocoa dark chocolate