



Nutrition for the Competitive Soccer Player

Section 2: The What and Why of Sports Nutrition

- 1. Jot down some reasons *WHY* sports nutrition is so important.**
- 2. Think about a time your performance was subpar, did it have anything to do with your fuel or lack there of?**
- 3. We discussed how individual nutrition is to each athlete. What are some unique things to you that might effect your nutrition? (*preferences, schedule, position, goals, injuries, intolerances/allergies*)**
- 4. Now that you have heard some common struggles of soccer athlete's. Rewrite some nutrition *strengths & weaknesses*.**

Write down some strengths & weaknesses when it comes to sports nutrition?

Strengths:

Weakness:



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Section 3 Lecture 1: Hydration

1. Rate your current hydration?

2. What are some ways you can improve your hydration?

2. Check the different hydrating beverages you choose or could choose

Water

Coffee, tea

Sports Drinks

Soups, popsicles

Juice

fruits & vegetables

My weekly focus (to improve) is...



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Section 3, Lecture 2: Eating enough to Fuel body & mind

1. Do you think you eat enough throughout day to fuel body for all the things it does? circle one

eating too little

eating enough

eating too much

2. Rate how often you do each one below. 1=never 5=always

Eat Breakfast

Feel full & satisfied after eating

Snack between meals

Have a protein at every meal & snack

Check in with self to see if hungry

Have two different fruits & vegetables each day

**strengths would be 4-5 & weaknesses 1-2*

What went well last week with your nutrition? what are you proud of?

Any struggles that came up?

My weekly focus (to improve) is...



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Section 4, Lecture 1: Performance Plate

1. Name the three categories of the plate & name 3-4 foods for each?

a)

b)

c)

2. What component is the most important when it comes to energy for athletes?

What went well last week with your nutrition? what are you proud of?

What was a struggle?

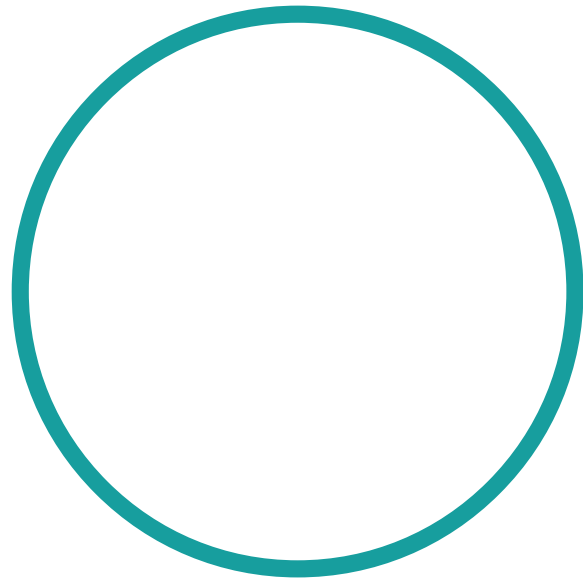
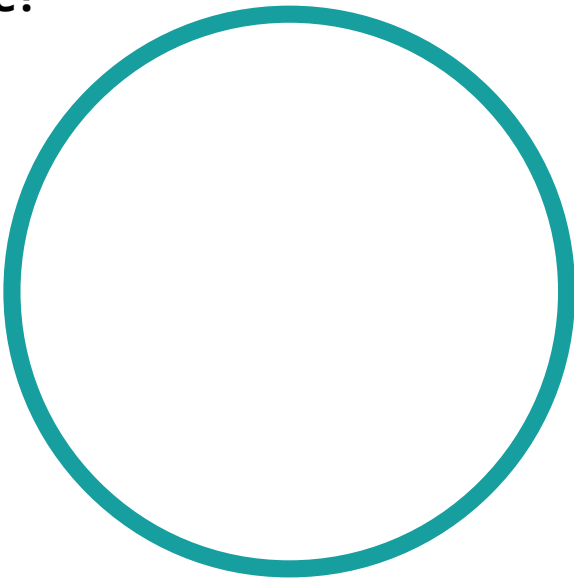
My weekly focus (to improve) is...



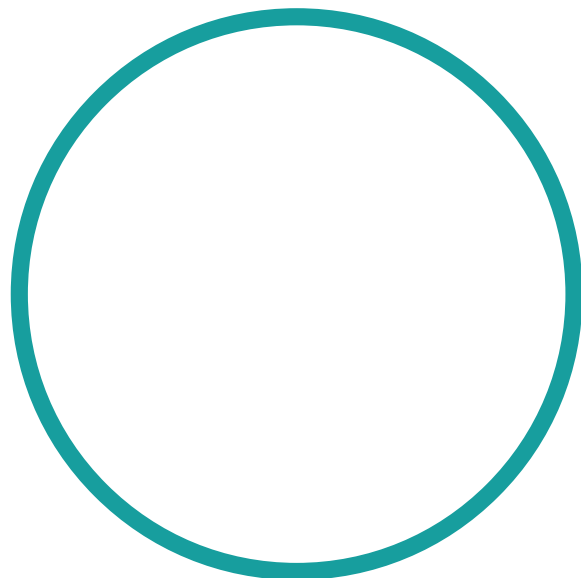
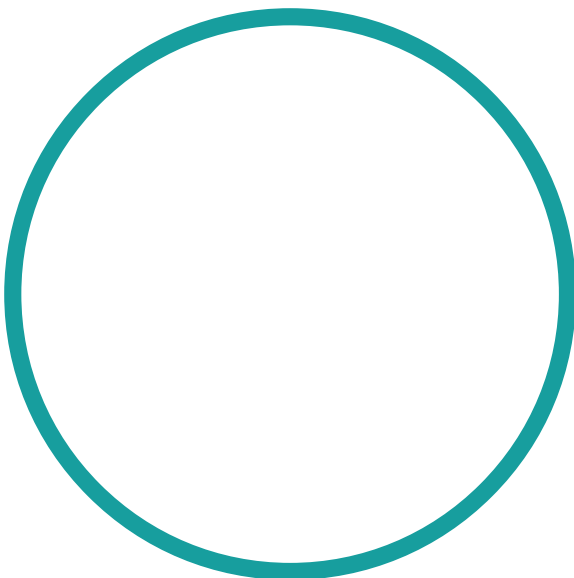
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Section 4, Lecture 2: Performance Plate

1. Draw what 1-2 typical plates of yours currently looks like?



2. Draw a few plate ideas following the performance plate principles





Section 4, Lecture 2: Performance Plate

Hard Training / Game Day
2-3+ hrs strenuous activity



Moderate Training Day
1-2 hrs mod strenuous activity



Light Training or Rest Day
< 1 hr of non-strenuous activity



What went well last week with your nutrition? what are you proud of?

What was a struggle?

My weekly focus (to improve) is...



Fuel Target Food List

1. Protein/Fat	2. Fruits/Vegetables	3. Whole Grains Starches	Misses (10%)
			Foods we love but body does not love

Fill out form with foods you like in order to build a meal. Misses would be foods that you love but body does not

Breakfast	Lunch	Snacks	Dinner

Breakfast	Lunch	Snacks	Dinner

Write down some Meal & Snack ideas from the Food List thinking in this order 1) Protein 2) Color 3) Starches



Fuel Target Food List

Protein/Fat	Starchy Carbs
Color	Other



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My Performance Grocery List

PROTEIN

PANTRY

FRIDGE

FREEZER

COLOR

PANTRY
COUNTER

FRIDGE

FREEZER

STARCH / GRAINS

PANTRY
COUNTER

FRIDGE

FREEZER

FLAVOR ENHANCERS

PANTRY

FRIDGE

FREEZER

**WHAT'S
MISSING?**



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SUPER SIMPLE SNACKS!

Pick a Protein with a Color or Starch



FRESH FRUIT

Fresh fruit: Apples, Bananas, Kiwi, Oranges, Mangoes, Pineapple, Grapes, Watermelon, etc.



RAW VEGGIES

Avocados, Cucumbers, Brussel sprouts, Asparagus, Mushrooms, Broccoli, Carrot, etc.



PROTEIN

String cheese, hard-boiled eggs, milk, nut butter, nuts/seeds, yogurt+nut butter dips, hummus, Deli meat, chicken sausage, cottage cheese, edamame.



STARCHES

Bread, cereal, oatmeal, potatoes, peas, corn, granola, granola bars, crackers, rice etc.

- Smoothie
- Hummus + Veg
- Nut butter + Banana
- Trail mix
- Crackers + cheese
- Cottage cheese + fruit
- Oatmeal + fruit + nut butter
- Granola bar
- Energy balls
- HB egg + fruit
- Yogurt + granola
- Popcorn + fruit
- Apple sauce + cheese stick
- Turkey Wrap
- Avocado toast
- Pretzels + grapes
- Peppers + ranch w/greek yogurt
- Nut butter toast
- Edamame + fruit
- 1/2 sandwich



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Section 4, Lecture 3: Snacks

1. List a 2-3 of your current favorite snacks

a)

b)

c)

2. What could you (if anything) add to these snacks to make them more fueling and balanced?

a)

b)

c)

3. What are two snacks you can take on-the-go with you?



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Section 5, Lecture 1: Before Games/Training

1. Do you remember a time your stomach hurt while playing? Did that have to do with what you ate before?

2. What do you currently fuel with before games/practices

2+ hours before -

60-90 minutes before -

<30 minutes before -

3. What are the three foods (the three F's) we decrease the closer we get to training/game/warm-up?

4. Write a few pre-training 'snacks' you are willing to try?

2 hours before -

60-90 minutes before -

<30 minutes before -



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Section 5, Lecture 1: During Games/Training

1. Why is half time fuel so important to soccer?

2. Write down a list of half-time fuel ideas you are willing to try?

3. Do you think you hydrate enough during the game and training? What are some ways you could improve hydration before & during games/training?

What went well last week with your nutrition? what are you proud of?

What was a struggle?

My weekly focus (to improve) is...



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Section 5, Lecture 2: Post Game / Recovery

1. What do you currently do for post-game/practice recovery?

2. What are the 3 R's of Recovery?

3. How soon after practice/games should you begin refueling?

4. Jot down some recovery snacks/meals after practice/games you are willing to try?

What went well last week with your nutrition? what are you proud of?

What was a struggle?

My weekly focus (to improve) is...



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Section 5, Lecture 3: Tournament Play

1. Do you currently have a Fuel plan for games and tournament? If so, what does it look like? *fill in what you eat/drink & times around the game*



2. After watching the module, what are some ways you can improve your Game day/ Tournament fuel plan?



3. Put together your tournament fuel/snack list. What would be in your bag? look at pre/during snack & snack lists provided already



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Section 5, Lecture 3: Tournament Play

Write out your own game/tournament fuel (weekend) plan

Schedule

Fuel

- Wake up
-
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Section 6: Supplements + Outside Sports Nutrition Pyramid

This is the LAST worksheet! Congrats!

- 1. What is NSF certified mean, why is it so important?**
- 2. When should an athlete begin focusing on supplements?** hint: its at the top of the pyramid
- 3. What are some supplements you think could help your health & performance?** (I love Thorne, kleanathlete & momentus for supplement companies)
- 4. What are some ways you can improve your sleep?**
- 5. Did any of Michele's past with body image resonate with you? If so, what & how can you begin to improve it.**

What went well last week with your nutrition? what are you proud of?

What was a struggle?

My weekly focus (to improve) is...



A final note of thanks!

Thank you so much again for taking your performance and nutrition seriously and enrolling in the course.

I hope you got everything you wanted (and more) out of this course.

As I am always seeking to improve the course for other rising soccer stars, I would greatly appreciate your feedback. The good, the bad, the ugly :-) Please find the survey link in section 6.

If you have any questions or need additional assistance please do not hesitate to reach out to me at Michele@fitplatenutrition.com

Good luck in your upcoming season!

Best wishes,

Michele Fumagalli, RD