



Fueling the Competitive Soccer Player

*Getting Started
Section 1*

Michele Fumagalli, RD, LDN

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Business Marketing degree from Notre Dame

**Bachelors of Science in Dietetics from
Benedictine University**

**Completed 1200 hour Internship through
University of Houston**

Chef trained

Owner & Head Dietitian at Fit Plate Nutrition

**Helping over 500+ athletes, from everyday to pro, to win
on & off the field by dialing in what, when, why, & how
they fuel.**

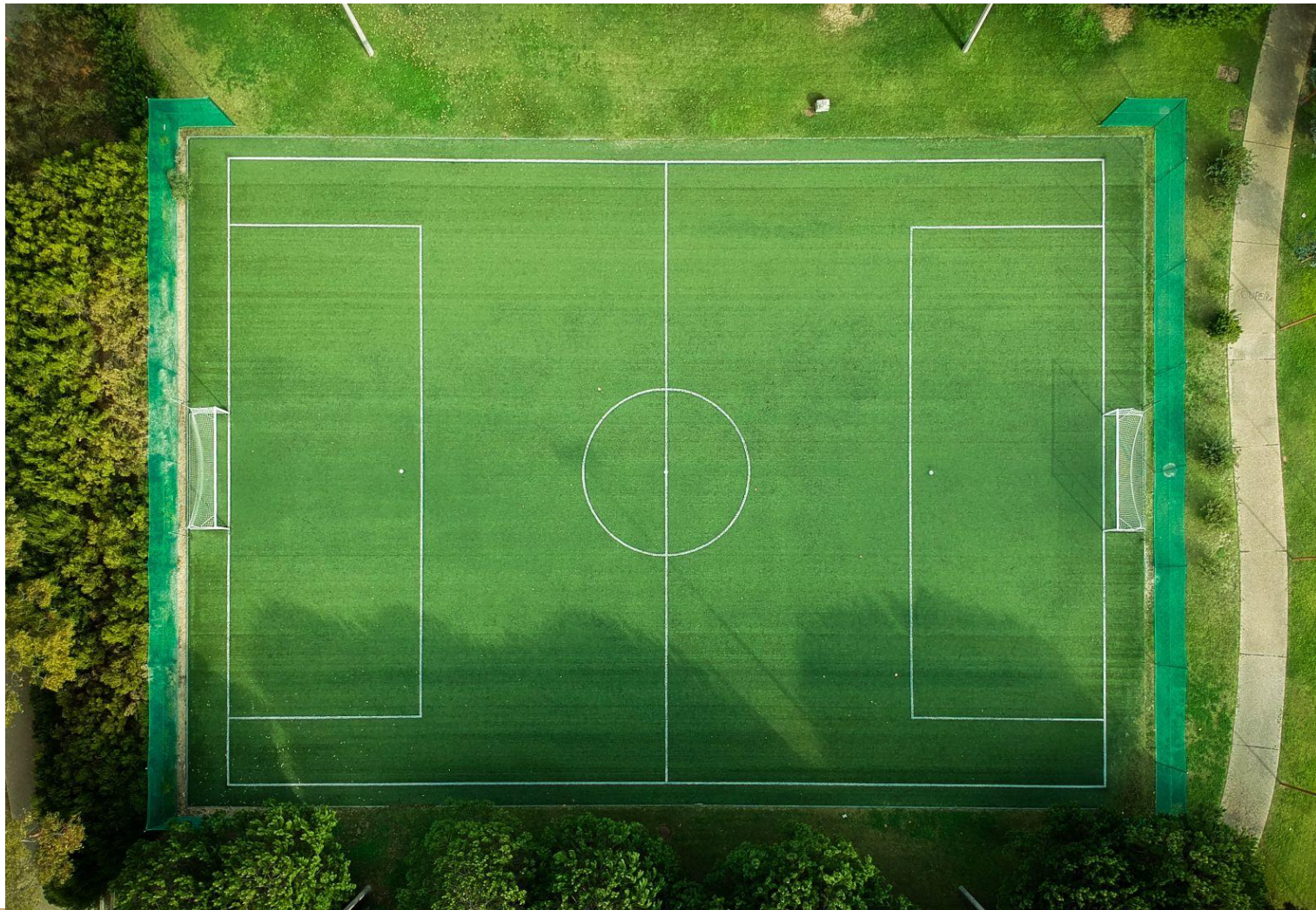
Michele Fumagalli, Former Pro Athlete



**Four Final Fours at the
University of Notre Dame**

**Professional Soccer
USA & Germany**

**2018 CrossFit Games
Individual Athlete**

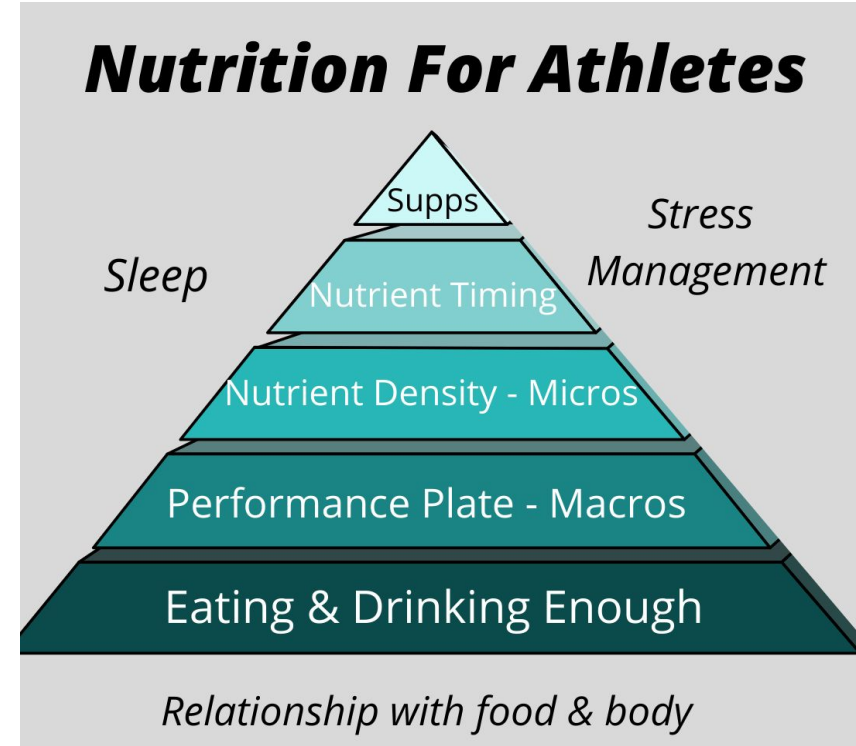


Name one thing you
do well with your
nutrition?

Name one or two
things you can
improve upon with
your nutrition?

Welcome to the Course!

- Section 2: The What & Why of Sports Nutrition (specific to soccer)
- Section 3: Hydration & Fueling body with enough energy
- Section 4: Building your Performance Plates
 - Fueling Snacks
- Section 5: Nutrient Timing
 - Pre & During Nutrition
 - Post-Training Nutrition
 - Game Day & Tournament Nutrition
- Section 6: Supplements & Extras





Establish Your Why & Goals

- What are your goals for the course?
- What do you want to learn about nutrition for performance?

How to be an A Student

- ★ Watch Lectures & follow along slides
- ★ Print & Fill Out Worksheets after lecture
- ★ Complete Fuelwork
- ★ Ask Questions in comments
- ★ Set weekly focuses to improve nutrition gaps and weaknesses
- ★ Find what works for you

This is a self paced course!

I recommend working in 30-45 minute increments for optimal engagement and retention.

Section 1 & 2 together

Section 3 at once

Section 4 broken into two parts due to most post lecture work

Section 5 Pre-During

Section 5 Post/Tournament

Section 6 at once

*worksheet during & after



Section 2

The What & Why of Sports Nutrition

Lecture 1

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