

A professional gym setting with various exercise equipment. In the foreground, there are two large power racks with Sorinex brand weight plates. Above the racks, a blue and red structure holds several Olympic rings. In the background, there are more racks, a bench, and a large rack of dumbbells. The floor is a mix of grey and orange. The overall lighting is bright, typical of a gym.

# ATHLETE/FAMILY PACKET

**GVN**  
PERFORMANCE

# INTRODUCTION

Dear Parents and Athletes,

We would like to thank all the families for the commitment you have made to our off-ice strength and conditioning program. The goal is to not only improve your child's athletic performance, but to also educate them on healthy life habits. Our mission is to provide the athletes with the tools and education to make healthy lifestyle choices everyday.

We have included a meal template which is to be used as a guide. We encourage players and families to eat quality whole food sources and avoid junk as much as possible. Nutrition is the key to a healthy and athletic body, so remember....

**Eat clean**

**Eat often**

**Hydrate**

The majority of an athlete's success is going to come from the decisions they make outside of the weight room or practice!

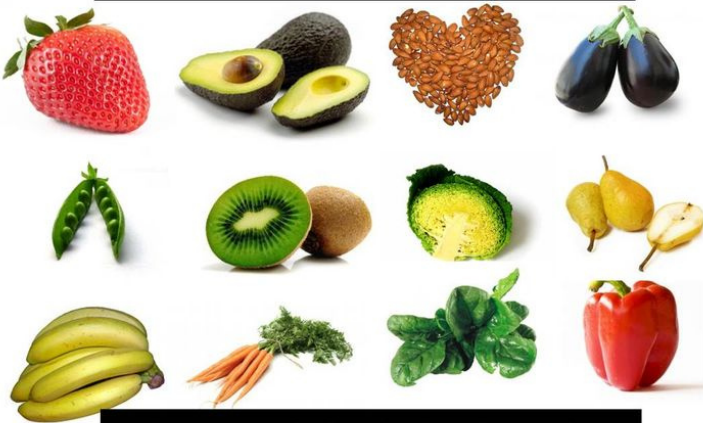
Healthy life habits are the key to continuous athletic improvements . This is something we cannot stress enough. Playing hockey is a privilege and the sacrifices families make for this sport are huge. Having good life habits and making smart choices will get you to the next level. Nothing is given in sports, you have to go get it!

NOTE:

The Meal Plan Guide is not a prescribed diet plan. It is a recommended guide to help players improve the quality of their choices.

# SPORTS NUTRITION

EAT MORE OF THESE



AND LESS OF THESE



MotiveWeight.  
Blogspot.com

**Eat Clean  
Eat Often  
Hydrate**

**Greens, Greens, and  
MORE Greens**



# ATHLETE MEAL GUIDE & SUPPLEMENT RECOMMENDATION

## ATHLETE MEAL GUIDE

### TRAINING DAYS BREAKFAST

Omelet

(Containing 2-3 eggs with chopped veggies)

1 Cup of Fruit (Any kind of fruit)

1 scoop of Biosteel Protein

### SNACK

May either be a

Protein Bar (ex. Quest, RXbar)

or a baggie of assorted nuts

### LUNCH

- A 4-6 ounce serving of either  
Chicken, Turkey, Ham, or Steak

- 1 cup of cooked white rice

- 1 cup of asparagus or green beans

### SNACK

- 1 Scoop of Biosteel Protein

- 1 cup of assorted fruits

### DINNER

- 4 to 6 ounces

of either chicken, steak, or beef

- 1 to 2 cups of potato (or sweet potato)

- A sweet treat

### NON-TRAINING DAYS BREAKFAST

- A piece of Toast w/ butter

- 2 slices of bacon & 2-3 Eggs

- Yogurt with fruit

### SNACK

- PB&J Sandwich

- 1 Scoop Of Biosteel Protein

### LUNCH

- A 4-6 ounce serving of either Fish or  
Chicken

- 1 to 2 servings of cooked veggies

### SNACK

- Sandwich with turkey, lettuce, and tomato

- 1 Scoop of Biosteel Protein

### DINNER

- 4 to 6 ounces

of either chicken, steak, or beef

- 1 to 2 cups of potato (may be sweet potato)

- A sweet treat

## RECOMMENDED SUPPLEMENTS

BIOSTEEL IS THE #1 MOST PURCHASED PRODUCT IN PROFESSIONAL SPORTS, AND THEIR MISSION IS TO CREATE THE HEALTHIEST AND SAFEST PRODUCT FOR THE ATHLETE. BELOW ARE THE PRODUCTS WE HOLD AT OUR FACILITY AND RECOMMEND FOR ALL OF OUR YOUTH ATHLETES.

### NATURAL WHEY PROTEIN ISOLATE



### ADVANCED RECOVERY FORMULA PROTEIN



### EVERYDAY ESSENTIAL SPORTS GREENS



### ORGANIC RECOVERY PLANT PROTEIN



### HIGH PERFORMANCE HYDRATION MIX



CONTACT US IF INTERESTED  
IN PURCHASING.

\*ADDITIONAL FLAVORS AVAILABLE  
UPON REQUEST

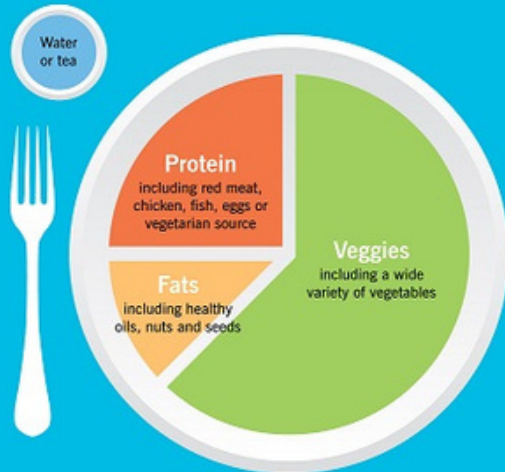


**THIS IS STRICTLY A GUIDE AND NOT A PRESCRIBED  
MEAL PLAN\***

# PORTION SIZE GUIDE

## Anytime Meal

All your meals not directly after a workout

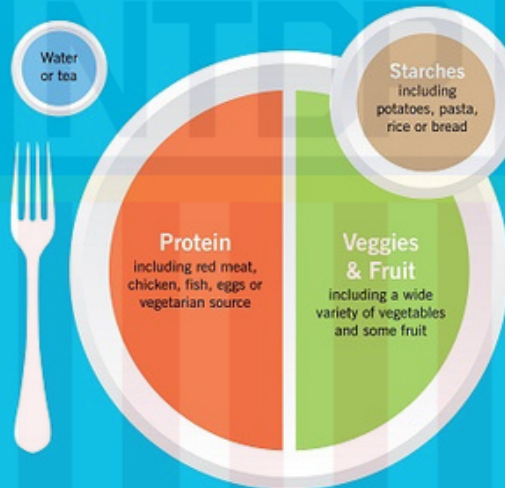


- Eat slowly and stop eating when you're 80% full.
- Save the starchy carbohydrates for after your exercise.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

PrecisionNutrition 

## Post Workout Meal

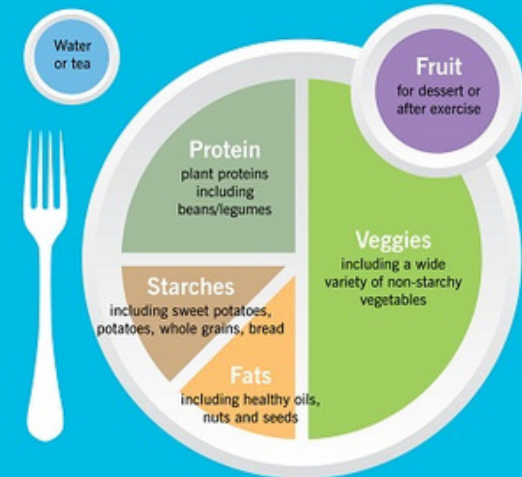
Your first meal after an intense workout



- Eat your largest meal of the day after exercise.
- Eat more vegetables than fruit with this meal.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

PrecisionNutrition 

## Plant-Based Eating



- Eat slowly and stop eating when you're 80% full.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Take your plate outside and eat in the sun for extra vitamin D.
- After the meal, freshen breath with a piece of vitamin B-12 gum.
- Follow hunger cues. Eat more or less based on your appetite.
- Use smaller or larger plates based on your own body size.

PrecisionNutrition 

# GAME DAY GUIDELINE & HEALTHY FOOD GUIDE

## GAME DAY GUIDELINE

### UPON WAKING UP

At least 10grams of protein (RECOVERY IS KEY)

FOUR main components

(Nuts, Eggs, Meat, Carbs)

Be balanced in protein, carbs, fruit, and veggies

AS AN ATHLETE YOU NEED CARBS, YOU'RE TOO YOUNG FOR A "LOW CARB DIET"

### Game Meal Tips

- Fewer fats before your game (Light on the cheese and condiments)
- 4-6 hours before the game should be your biggest warm meal
- White rice over Brown Rice (Faster Digestion)
- Small snack 1-1.5 hours before the game (Very light)

Take your time eating and drinking. You do not want to upset your stomach

### Post Game Meal

- Red Meat (Slow digestion to help you recover)
- Carbohydrates are great before bed helping promote sleep and brain recovery

### TWO BIGGEST MISTAKES AN ATHLETE MAKES

- Staying up late scrolling or playing video games. This will not allow your brain to rest! 8hours minimum of sleep ( Less Sleep, more negative energy, less recovery)
- Snacking on sweets and not caring what you put in your body. Over snacking on sweets kills your chances over time to perform at your BEST/RECOVER/IMPROVE.

## HEALTHY FOOD GUIDE

### FATS

Avocado  
Nut Butters  
Egg Yolks  
Nuts  
Oils  
Olives  
Flax seeds

### PROTEIN

Chicken  
Turkey  
Egg Whites  
Fish  
Bison  
Whey Protein  
Turkey Bacon  
Lean Beef

### CARBS

Breads  
Rice  
Potatoes  
Pasta  
Oats  
Pancakes  
Fruits  
Veggies

### FATS & PROTEIN

Eggs  
Salmon  
Bacon  
Chia Seeds  
Cottage Cheese  
Whole Fat Milk

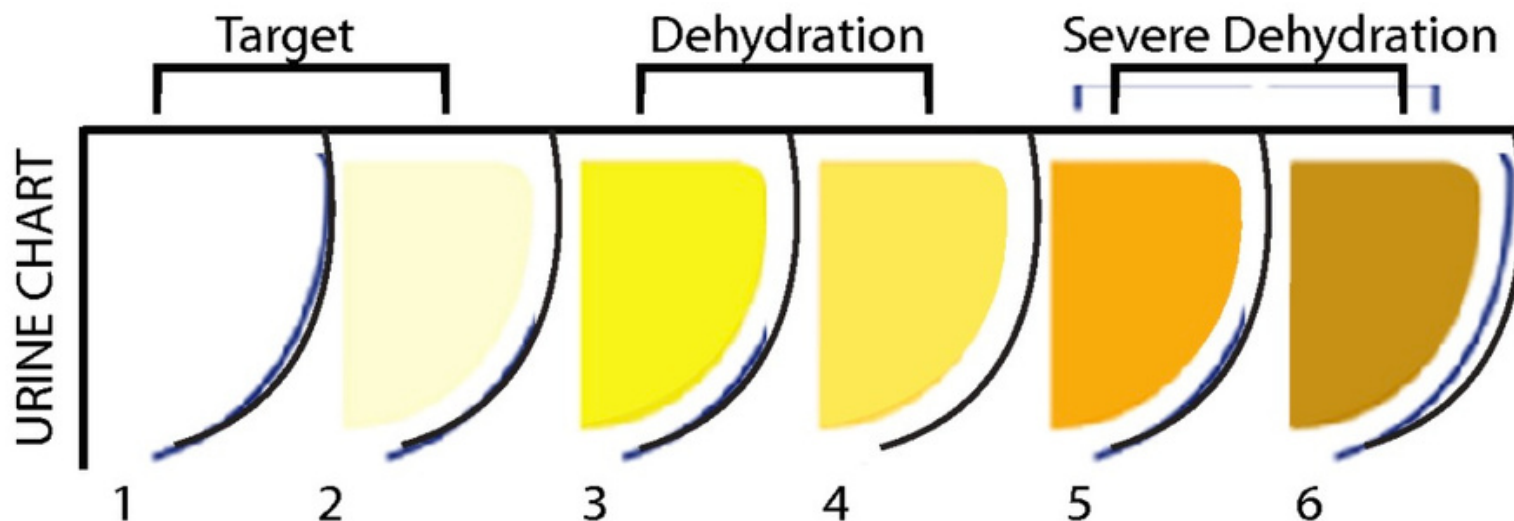
### CARBS & PROTEIN

Beans  
Grains  
Quinoa  
Most Yogurts  
Skim Milk  
Peas

**THIS IS STRICTLY A GUIDE AND NOT A  
PRESCRIBED MEAL PLAN\***

### The Effect of Water Loss on Performance

Percent Lost	2%	Impaired performance
	4%	Capacity for muscular work declines
	6%	Heat exhaustion
	8%	Hallucination
	10%	Circulatory collapse and heat stroke



- You can monitor your hydration level by using the pee chart above.
- The color of your urine should match 1 or 2 in the chart.
- Remember to bring water on your hike, especially to Rainbow Falls!
- Drink water before, during and after your hike!

