

# GABRIELE

## FITNESS & PERFORMANCE



## Nutrition for the High School Athlete

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Whether it is winning more State Championships, making an all state team or getting a scholarship, High School Athletes are always looking for ways to perform better at their sports. One of the most overlooked components to athletic success is proper nutrition.

I recently spoke to a coach who mentioned her players eat gummy bears to fuel up before games. When I asked what they players usually eat after they workout or practice he shrugged his shoulders and said "Nothing" Here are two of the most important times for an athlete to eat well and they are just not being done.

Everyday we here excuses like these:

- "I do not wake up early enough to eat breakfast"
- "I do not have time to eat a snack between Breakfast and Lunch"
- "I do not like any kind of fruit or vegetables"

If a High School athlete wants to perform at a level to accomplish the above tasks than these excuses need to be pushed aside and new habits need to be formed. Here is an outline of a great Nutrition day for a high school athlete. This plan takes into account practice after school and not having much time to eat a snack between meals.

- 6am Breakfast: Eggs, Toast, and piece of fruit
- 9 am Snack Beef Jerky and handful of Nuts
- 12 Lunch: Turkey Sandwich on Rye with lettuce tomato and Mustard, fruit
- 2:30pm Pre practice snack: 1 Banana, 1 apple
- 5:00pm Post workout Whey Protein Shake and Gatorade
- 6:30pm Dinner Chicken, Rice, Vegetables

Eating this way does take some preparation but sometimes a little sacrifice makes a huge impact. With a nutrition plan similar to this you are sure to have great energy, improve lean muscle tissue, decrease body fat and perform at a level higher than ever.

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