

## Meal Timing for a High School Athlete:

5:30am- Wakeup Time

**6:15am- BREAKFAST**

6:30am- Leave to school

6:55am Class Begins

**9:45-10am- SNACK**

**12:20-12:55pm- LUNCH**

6th Period 1:05 Tues, Thurs Basketball

Mondays 2:05 Basketball 3:15 Weights

Wednesdays, Fridays 3:15 Weights

**4:45/5pm- POST-EXERCISE SNACK**

**7/8pm- DINNER**

6:30am- Wakeup Time

**7:00am- BREAKFAST**

7:15am- Leave to school

7:55am- School starts

**9:45-10am- SNACK**

**12:20-12:55pm- LUNCH**

6th Period 1:05 Tues, Thurs Basketball

Mondays 2:05 Basketball 3:15 Weights

Wednesdays, Fridays 3:15 Weights

**4:45/5pm- POST-EXERCISE SNACK**

**7/8pm- DINNER**

### **Elite Eating Habits**

- Slow meal times.
- Chew food thoroughly.
- Take smaller bites.
- Dish up smaller portions.
- Include a high variety of healthy foods.
- Keep unhealthy foods to a minimum.
- Eat breakfast within an hour of waking up.
- Avoid long periods of time between meals.
- Manage Stress.
- Plan meals & Prepare in advance.
- Avoid eating in restaurants when possible.
- Do not eat in front of the TV or in the car.
- Only drink liquids with 0 calories.

**EAT CARBOHYDRATES AND PROTEINS AT EVERY MEAL. RATIO OF 3:1 OR 2:1. HEALTHY FATS SPARINGLY!**

- **Carbohydrates have 4kcal/gm. Examples of good carbohydrates:**

- **Fruit:** Berries, Apples, Grapefruit, Peaches, Pineapple, Cherries, Apricots, Pears, Grapes, Kiwi, Melons, Tangerines, Lemons, Limes
- **Veggies:** Mushrooms, Bell Pepper, Radish, Sweet Potatoes, Egg Plant, Green Beans, Beets, Spinach, Broccoli, Artichoke, Brussel Sprouts, Cucumbers, Kale, Seaweed, Onion
- **Grains:** Brown Rice, Quinoa, Teff, Brown Rice Pasta, Quinoa Pasta

- **Protein has 4kcal/gm. Examples of good protein:**

- Wild Cold-water Fish
- Wild Game
- Hormone Free, Free Range Chicken & Turkey
- Grass-fed Beef
- Pasture-fed Lamb & Pork
- Pea-Rice Protein
- Legumes
- Eggs

- **Fat has 9kcal/gm. Examples of good fat:**

- Healthy Proteins above
- Avocados
- Raw Nuts (no peanuts)
- Coconut Milk or Oil
- Macadamia Nut or Sesame Oil
- Extra Virgin Olive Oil
- Raw Seeds: chia, hemp, freshly ground flaxseed

- **Hydration:**

- The clearer your urine, the more hydrated you are.
- You should consume ½ your body weight in ounces of water