

Adrenaline Volleyball Club

Athlete Nutrition Guidelines and Grocery List

Basic nutrition principles:

1. Variety

- Try for fruit, vegetables, whole grains, and meat (protein) at every meal

2. Portion control

- What does this mean for athletes?

- Eat until you are FULL! Absolutely. You are burning a lot of calories and we want you to fill up. We just want you to get a variety of nutrients. This means not filling up on just one thing.

- Recommended portion sizes (by choosemyplate.gov, check website for your specific age/gender recommendations): ~3 ounces of meat, ~ ½ -1 cup pasta, ~1-2 cups vegetables, ~1 cup of fruit. When adding more nutrients into your diet, you will become full more quickly and for a longer period of time.

- DO NOT be alarmed if you are eating more than this. Like I said, eat until you are full!

3. The 80/20 rule

- Try to eat “healthy” or “clean” foods at least 80% of the time. This rule is very important for two reasons.
 1. Eating healthy is not an all or nothing prospect. It WILL NOT happen all the time.
 2. Two: It leaves room for enjoyment... because everyone loves cake.
- This rule is NOT your get out of jail free card to eat what you want.

Appendix A: Sample grocery list

Appendix B: Recipes

Appendix C: Sample meals

Appendix D: Tournament Food Ideas

Appendix E: Final thoughts

Appendix A: Basic grocery list (not all-encompassing):

Lean meat

- Ground turkey
- Chicken
- Shrimp
- Tuna (Especially Starkist Tuna creations that are already marinated and ready to go)
- Turkey or chicken sausage
- Turkey bacon
- Lunch meat, but not consistently. I try to stick with fresh, unprocessed meat.

Fresh fruit

- Bananas are cheap, so are blueberries and apples
- Strawberries, raspberries, cherries, kiwi, cantaloupe, watermelon
- Single serving containers of peaches and applesauce, pears, etc. are great for lunches

Vegetables

- Birdseye Steamers are fast, easy, and taste really good, especially with a little shredded cheese on top (found in the frozen section. Fun fact: steamed vegetables, even when frozen and re-heated, retain their entire nutritional profile).
- Mushrooms, squash, asparagus for grilling/sautéing
- Fresh bell peppers for a little sweetness
- Cucumbers and cherry tomatoes
- Sweet potatoes and sweet potato fries (frozen), can be made from raw potatoes, just takes longer.
- Spinach/arugula mix for salads
- Salad ingredients such as: blue cheese, strawberries, blueberries, pumpkin seeds, dried cranberries, mandarin oranges, grilled chicken, sometimes balsamic vinaigrette dressing.
- You can use the same ingredients as above, grab some whole grain 100 calorie pitas or whole grain bread and make a delicious sandwich. I usually substitute lunch meat for chicken on these and don't use as much fruit

Grains/carbohydrates

- Whole wheat bread
- Whole wheat pasta
- Brown rice (90s Uncle Ben's brown rice is quick and easy)
- Wild rice (same as above)
- Quinoa
- Granola

Miscellaneous /dairy

- Breakfast Essentials (powder mixed drink, add 2% or skim milk)
- eggs
- Skim, 1%, or 2 % milk
- Bolthouse farms smoothie (counts as a fruit serving)
- Fat free chocolate pudding
- Voila meals – not ideal all the time, but great for a quick family meal. The nutrition is good in most of them, they are just a little high in sodium.
- Protein bars – experiment and find what you like. ****Watch sugar content****
- Cottage cheese and single-serving diced peaches (mix it up and you can't even taste the cottage cheese).
- Yogurt – I love Greek yogurt. There are tons of yogurt options. I suggest getting ones that DO have carbohydrates and a decent amount of protein (ideally 10 grams or more).
- Hummus and pita chips (cinnamon pita chips for something sweet)
- Pretzels and diet Snapple (sweet and salty mix)
- Low-cal popcorn
- Peanut butter
- Beef jerky

Snacks:

- Pita chips or veggies and hummus (measure out the hummus, it has healthy fats but a lot of them in a small serving)
- Yogurt
- Protein bar/breakfast bar
- A breakfast essentials shake
- Pretzels and diet Snapple (sweet and salty mix)
- Fruit
- Low-cal popcorn
- Beef jerky
- Cheese/crackers/fruit
- Triscuits / wheat thins

Appendix B: Recipes:

These are mostly things I made up or looked up. There are endless amounts of recipes out there, Google and try some out!

I make my lunches in bulk and keep them for the week.

- **First, my favorite: Chicken sausage, veggies, and brown rice**
 - Slice and broil chicken sausage on top rack of oven, flip halfway through
 - Steam vegetables in microwave
 - Heat up brown rice in microwave
 - Layer rice, veggies, and chicken sausage in a bowl. Add a little cheese or A1 to the rice and veggies if desired.
 - It's not glamorous, but it is delicious!
- **Ground turkey spaghetti**
 - Brown turkey on the stove with Italian seasoning, oregano, pepper, a little salt if you want. Boil whole wheat pasta and get regular spaghetti sauce.
 - TIP: Cook the turkey *slowly* on low heat, it will taste better.
 - o This is full of good nutrients. The key is variety. Don't make it the whole meal. Try to eat more turkey than pasta, or at least a balance. Add some steamers vegetables or a salad and some fruit. I usually don't eat bread with this because the pasta is enough carbs.
- **Cherry tomato and cucumber salad (don't knock it 'til ya try it)!**
 - o Diced cherry tomatoes and cucumber. Mix raw with olive oil, lemon juice, salt, pepper, and feta cheese. Oh so delicious and refreshing.
- **Tuna salad sans mayonnaise**
 - o Tuna in water, drained. Add a little olive oil, salt, pepper, lemon juice. You can also add PLAIN (not vanilla) Greek yogurt for added thickness. Put in a pita, wrap, or on wheat thins.
- **Sweet potatoes**
 - o Put holes in them with a fork. Then put them on a tray in the oven at 450 degrees for an hour. Flip halfway through. I know the heat and time sound crazy, but they come out so delicious, sweet, and soft. No condiment needed.
- **Grilled bananas**
 - o Leave the peel on, cut length-ways and width-ways
 - o Put a little honey and cinnamon on top
 - o Put on grill for 3 minutes, peel-side down, then flip for 3 more minutes
 - o They will fall out of the peel, eat and LOVE.
- **Fruit dip**
 - o 100 cal Vanilla Greek yogurt mixed with Jif peanut butter Whips

Appendix C: Sample meals:

Breakfast:

Toast with a little cinnamon butter or peanut butter

Yogurt or a little fruit

Mid-morning snack: Breakfast essentials shake

Nutri Grain breakfast bars

(they're a new kind with more whole grains, not the traditional ones)

Bolt house farms smoothie (~8 oz)

Mid-morning snack: yogurt

Half a whole-wheat bagel and peanut butter

Banana

Mid-morning snack: smoothie or shake

Lunch/Dinner:

Grilled BBQ chicken

Steamers

Fruit

Flips yogurt

Grilled BBQ chicken salad

Yogurt

Pita chips and hummus for carbs OR sweet potato

Deli meat wrap with spinach, blueberries, dried cranberries, cheese,
& pumpkin seeds

Yogurt

Fresh cut bell peppers or cucumber/tomato salad

Tuna salad and crackers

Cucumber/tomato salad

Yogurt

Fruit

Slice of cheese

Ground turkey pasta

Yogurt

Fruit

Chicken, oven-baked with your favorite salsa and a little brown sugar, or pick your
own marinade

Wild Rice or sweet potato

Fruit Steamers

Voila meal (usually makes 2-3 lunches)

Yogurt

Fruit

Snacks:

- Pita chips or veggies and hummus
(measure out the hummus, it has healthy fats but a lot of them in a small serving)
- Yogurt
- Protein bar/breakfast bar
- A breakfast essentials shake
- Pretzels and diet Snapple (sweet and salty mix)
- Fruit
- Low-cal popcorn
- Beef jerky
- Cheese/crackers/fruit
- Triscuits / wheat thins

Dessert: The best part

- Flips yogurt by Chobani.
There are all different flavors, and they are all good enough to be dessert.
- Fruit and fruit dip (see recipe below)
- Fat free chocolate pudding
- Blend some frozen berries and put over top a little vanilla ice cream
- A very small portion of your favorite dessert.
- Grilled bananas (see recipe below)

Appendix D: Tournament Food Ideas

*****Small meals eaten throughout the day are better than a couple big meals**

- Meal replacement bars are excellent for tournaments.
Examples: Gatorade Fuel Bars and Clif Bars
- Pasta Salad
- Subs and Sandwiches
- Tuna/tuna salad
- Fruit (apples, bananas, clementines, fruit cups, applesauce)
- Cold cut veggies
- Yogurt
- Crackers and cheese
- Granola/granola bites

Appendix E: Final thoughts:

Please come to me with any questions you have about this. Also, please understand it is not an all-encompassing plan, meaning the foods on this sheet are not the only things you can or should eat. I am not a nutritionist and cannot recommend an exact meal plan for you, or an exact number of calories per day. Pay attention to your body: when you feel tired, when you don't, how much you generally eat and feel full, what gives you the most energy, etc. Everyone is different.