

WEIGHT GAINER'S NUTRITION GUIDE

Gaining weight takes dedication! You must eat these meals everyday to stay on track. Included in this pack are the meal plan, supplement guide, fast food guide, and NCAA banned substances sheet.

Being an athlete involves dedication in many areas. To maximize your potential you must train hard and eat right. Proper nutrition can maximize energy, mental clarity, increase lean muscle mass, and allow you to get the most out of practice and training. Poor nutrition may lead to excessive body fat, inability to put on muscle, illness, and even injury. The topics below will give you the knowledge needed to succeed. Once you have the knowledge it is up to you to **dedicate yourself to maximizing your potential!!!**

Meals

Everyday you must consume the nutrients needed to perform. Practice, training and competition leads to an increased need of these nutrients. You must carefully plan your day to include the proper fuel to get the result you want. You may want to pack snacks in your bag for use at school and after practice. You must provide this fuel at the right time to support lean muscle and decrease fat.

Never skip meals! Skipping meals will slow your metabolism which causes you to burn fewer calories, have less energy and slow your body's ability to recover from workouts. This always leads to extra body fat.

Breakfast

Breakfast is the most important meal of the day. During sleep your body goes through a long period of time without nutrients which leads to muscle breakdown. To minimize this breakdown you must replenish these nutrients as soon as possible upon waking. Breakfast also stimulates your metabolism which causes you to burn more calories throughout the day. This slows fat storage. People with fast metabolisms store less fat. **It is almost impossible to gain good weight without eating breakfast!**

To build a healthy breakfast, follow these 3 steps.

1. **Choose a carbohydrate source:** Carbs are essential to an athlete's diet and must be included in each meal. Carbs are the body's main source of energy and play a vital role in hydration.

Examples of good breakfast carbs: Choose **1** of the following:

- | | |
|--|-------------------------------------|
| 2 toaster waffles | 2 slices of french toast w/ syrup |
| 1 cup of yogurt | 3 Pancakes w/ syrup |
| 2 packets of oatmeal | 1 whole Bagel w/ cream cheese or PB |
| 2 cups of breakfast cereal (any kind) | |
| 2 slices of whole wheat toast with 1 tablespoon of peanut butter | |

- 2. Pick a protein source:** Breakfast is a good time to include a low fat protein source. Lean protein provides the building blocks (amino acids) necessary for muscle growth and recovery.

Examples of good breakfast Protein: Choose **1** of the following:

4 Egg whites (scrambled or Boiled in the shell)

3 whole eggs (boiled, or cooked) ***Not more than 3 times a week***

Tip* You can boil eggs at night to save time in the morning

2 pieces of lean ham

3 pieces of turkey bacon

1 tbs. peanut butter

- 3. Hydrate:** Breakfast is a good time to start the hydration process. Just 12-16 ounces at this meal can promote fat loss, increase recovery, and reduce fatigue.

Examples of good items for hydration:

Water and 1% milk, fruit juice

For extra calories try: fresh fruit, 2% milk, Boost, Carnation Instant Breakfast

*****Breakfast is a great time for a multi-vitamin*****

Mid-Morning Snack

This snack will stimulate your metabolism, provide energy and keep the body in a positive energy balance to reduce muscle breakdown.

Hydrate: It is essential that you maintain good hydration

Examples of good items for hydration:

Water

1% milk,

fresh fruit

Fruit juice

Examples of good morning snacks:

Fruit or Celery and peanut butter

2 granola bars

1 handful of trail mix

1 protein bar (not over 250 calories)

1 Boost/protein shake

1 Peanut butter and Jelly sandwich on whole wheat bread

Lunch

Lunch is an important meal because it is usually the last real meal before practice/workouts. This means you must consume nutrients needed to provide energy for practice/workouts and reduce muscle breakdown. Many high schools do not have these options so you may have to pack your own lunch. No one said it was easy being great!

Good Lunch Options: Choose 1 main entrée

This provides a bulk of your calories and protein.

- 1 Peanut butter and Jelly sandwiches on whole wheat bread
- 1 Turkey, roast beef, or ham Sandwich w/ cheese on whole wheat bread
- Grilled chicken sandwich
- 1 Tuna sandwich on whole wheat bread

Good Lunch Options: Choose 1 side dish

- Sunchips®
- Trail mix
- Granola bar
- Jello®
- Yogurt
- 2 Fig Newtons®

Good Lunch Options: Choose a whole food

This provides fiber which slows digestion which limits fat gain and vitamins for overall health

- Baby carrots
- Fruit
- Raw veggies

Hydrate: Lunch is a good time to pre-hydrate for practice/workout. Just 12-16 ounces at this meal can prepare you for the sweat loss of a practice. You must also drink fluids during your workout to replace fluid lost and cool your body temperature.

Examples of good items for hydration: Water, Gatorade, skim milk, fresh fruit

Weight gainers can also add: Fruit juice, 2% milk, Boost, Instant Breakfast

Pre-Workout Snack 30 minutes before

Provides nutrients needed for growth during workouts

Choose 1

½ protein shake
½ peanut butter sandwich on whole wheat bread
8 ounces 1% milk

Post-Workout Snack

This snack is very important to the recovery process and is probably the second most important meal of the day. This meal replenishes energy loss during the workout and prepares you for the next workout. This meal also stops the breakdown process associated with hard workouts. **Do this with-in 45 minutes of finishing!!!!**

1. Hydrate: You must continue to replace the fluids lost during your workout

Examples of good items for hydration: Water, Gatorade,

Recovery meal: Choose 1

Boost/**Protein shake**

protein bar

PB &J sandwich

yogurt

trail mix

Dinner

Dinner is an important meal because it provides a large amount of nutrients that play a big part in recovery. This means you must consume the nutrients needed to benefit from your workout/practice. This meal will look a lot like lunch except it should contain more fruits and vegetables.

Good Dinner Options: Choose 1 main entrée

This provides a bulk of your protein.

Roasted/Grilled Chicken or turkey

Fish (not fried)

Spaghetti with lean meat sauce

Lean beef

Meat loaf (made with 90% lean beef)

Soups or stews (limit cream based soups)

Good Dinner Options: Choose 1 side dish

Potato (Not fried) (limit butter and sour cream)

Macaroni and cheese

Rice (brown is better than white)

Pasta (limit white sauces)

Good Lunch Options: Choose a whole food

This provides fiber which slows digestion which limits fat gain and vitamins for overall health

Baby carrots

Salad w/ veggies (use small amounts of dressing)

Fruit

Raw veggies

Steamed veggies

Hydrate: Continue the hydration process by drinking lots of fluid.

Examples of good items for hydration: Water, Gatorade, skim milk, fresh fruit

Weight gainers can also add: Fruit juice, 2% milk, Boost, Instant Breakfast

Night Snack

This snack will curb late night cravings and stimulate your metabolism, provide energy and keep the body in a positive energy balance through most of the night to reduce muscle breakdown.

Hydrate: It is essential that you maintain good hydration

Examples of good items for hydration:

Water

1% milk,

fresh fruit

Examples of good night snacks:

Fruit or Celery and peanut butter

2 granola bars

1 handful of trail mix

1 protein bar (not over 250 calories)

1 Boost/protein shake

1 Peanut butter and Jelly sandwich on whole wheat bread