



Pre-Game Nutrition

FUEL FOR THE NEW AGE ATHLETE

DEAR PARENTS,

Inadequate dietary choices will handicap your child's athletic potential. In addition, your youngster will experience a decrease in energy, focus and even their disposition.

Research has linked many common problems among children, like ADHD, with poor nutrition. And there's more bad news. Down the road poor nutrition issues beyond hindering your athlete's field performance, including and not limited to:

ANXIETY HYPERACTIVITY INABILITY TO FOCUS
DEPRESSION **FOOD ALLERGIES**
LACK OF ENERGY

And that is "only the tip of the iceberg."

A poor diet WILL hinder a young athlete's direction to the key elements in their field performance: the key to the next level, the key to the full scholarship and more.

With limitless temptations like Oreo cookies, Kit Kats candy, and Taco Bell tacos and enchiladas, athletes will be running on "empty" when they hit the field. Could you imagine trying to fill your gas tank with a few liters of Coca Cola? How well do you think your car would run?

After coaching both at the major league level with the New York Yankees and training young athletes in Cape Cod, there was a distinct and definitive difference among the athletes who excelled.

The athletes who had the correct nutritional formula, guidance and diet were at a distinct advantage. Believe me, if you had a chance to eat with Mariano Rivera, You would be shocked to know his nutrition was just as consistent as his save percentage.

I understand you may not have a private chef or team nutritionist to prepare every single meal but....

Their Nutrition Is One Of The Variables You Can Control

Their nutrition is an aspect of their game that you can improve almost instantly.

This is precisely the reason why I have put together this excellent and necessary guide which will have almost immediate impact on your child athlete's performance.

I have listed below my 7 favorite and most effective pre-game meals a parent should prepare for his youngster athlete. These meals offer synergistic benefits that extend beyond focus and energy throughout a game or practice.

The foods below also contain the right amount of carbohydrates,

fats, proteins, fiber, vitamins, micronutrients, and electrolytes to keep your athlete's running on high gear.

More often than not, young athletes tend to choose

dietary options that are unknowingly suboptimal for performance.

Why should you use these meal options below? Firsthand and foremost, they are

easy to prepare. In addition, they increase performance by supplying energy and are easy to prepare.

In addition, they increase performance by supplying the necessary energy.

Accessible to teens prior to practice on school days or leagues outside of school, these pre-game options can be taken to school and ready to eat by the end of the day.

Each and every option has sources of fiber, protein, healthy fat and carbohydrates naturally occurring sugars, anti-oxidants as well as a source of glucose for energy.

Take away the uncertainty of what your teen is consuming.

These meals increase performance by increasing energy stores for the muscles and organs to work efficiently.

These foods also control blood sugar. "This is the name of the game." Controlling blood sugar can change the entire performance of an athlete.

These meals are a better source of energy than Red Bull, Monster, Five Hour Energy, Subway and chips, as well as candy and soft drinks.

It is best if all the following nutrients are purchased in the organic state.

The following pages include my recommended recipes for the young athlete.

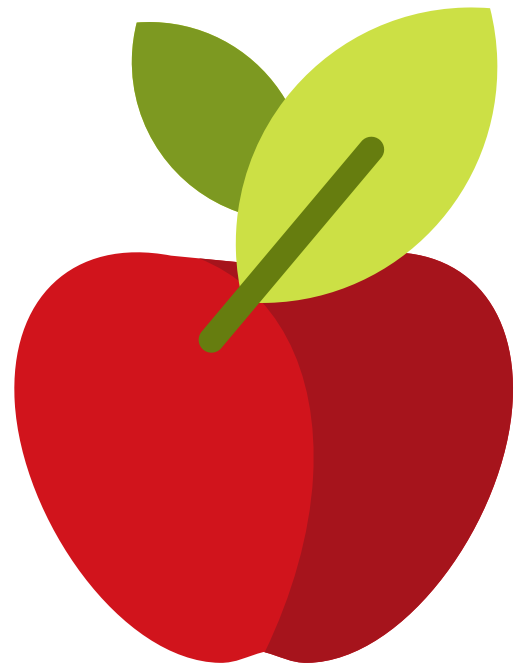
The New Age Peanut Butter and Jelly

INGREDIENTS:

- 2 Tablespoons Unsalted almond butter
- ½ packet Stevia
- 1 cup Berries (Blueberries, Strawberries, Banana, Pomegranate)
- 1-2 Brown Rice Cakes
- 1 Organic apple (whole apple on the side)

DIRECTIONS:

- 1st - Add Unsalted Almond Butter Tupperware or bowl
- 2nd - Add Stevia and berries to the Almond Butter and mix
- 3rd - Add to Rice Cake and enjoy



Almond Butter and Honey Cakes

INGREDIENTS:

- 2 Tablespoons Unsalted almond butter
- ½ -teaspoon Manuka honey
- ½ teaspoon stevia
- 1-2 Brown Rice Cakes
- 1 organic apple (Whole Apple on the side)

DIRECTIONS:

- 1st - Add Unsalted Almond Butter Tupperware or bowl
- 2nd -Add honey to the Almond Butter and mix
- 3rd - Add to Rice Cake and enjoy



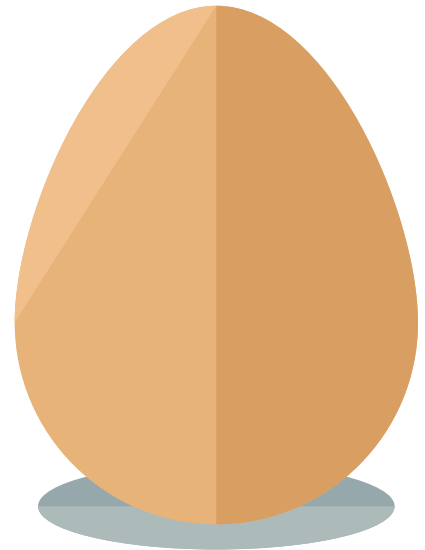
The Sweet Egg

INGREDIENTS:

- Unsalted almond butter
- Coconut oil
- ½ sweet potato
- 2 dashes of cinnamon
- 1 hard boiled egg
- Apple (Whole Apple on the side)
- Rice cakes

DIRECTIONS:

- 1st – Bake 1 sweet potato at 400 degrees for 20 minutes
- 2nd – Boil two eggs
- 3rd – Put ½ a sweet potato and two hard boiled eggs in a blender. Mix till the eggs and sweet potato have a puree texture. Then add in 2 dashes of cinnamon and mix one more time.
- 4 th – Add to rice cake



Why berries?

Our goal is not to sabotage your teen's diet. Peanut butter and Jelly will always be in a clubhouse of a professional organization, college, and high school teams setting as a snack or pre-game meal. Lose the processed jelly and add the berries. Berries are rich in antioxidants, minerals, and vitamins. They are also a low-carb fruit which means a slower conversion into sugar and decrease in blood sugar.

Why Almond Butter?

Almond Butter has more minerals and vitamins (Iron, magnesium, vitamin e) than peanut butter. It also has a tremendous amount of healthier fats, and still a good source of protein.

Why Stevia?

One packet of stevia equals two packets of sugar. Stevia is a leafy plant that is used as a naturally occurring sweetener. This is much healthier and sweeter than table sugar. Also, adding stevia gives the option to buy your almond butter in a healthier state of produce (unsalted). There are less additives to the nut base. The name of the game is to control blood sugar. As we use more and more table sugar, our blood sugar increases which will make us more hungry in two or three hours. Stevia, on the other, hand will not increase blood sugar. The brand I use is truvia.

Why choose an apple with each pre-game meal?

After a long day at school, teens may want something sweet with a bit of sugar. Apples are a good source of carbohydrates and sugar. Taking the sugar from an apple trumps soft drinks. Another reason why I like having an apple is because the peel contains fiber. Fiber has many benefits; It helps to slow down the rate that you break down carbohydrates into sugar. Fiber will also speed up the rate that food passes through the GI tract. This process will make you feel full.

How about a banana?

Bananas are a good option to the meal. They're high in potassium, which the muscles need in order to contract. Increasing our energy stores prior to competition is vital but it's important to know about the high spike in blood sugar that you may get from bananas. If you are to have a banana prior to performance, I would recommend not having more than one.

Manuka Honey?

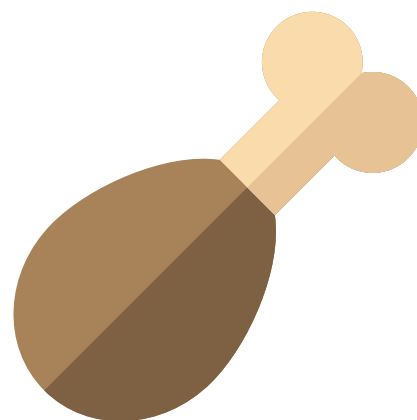
Manuka is an extremely healthy type of honey that has anti-inflammatory antibacterial quality. This is a good sweetener to add in for rich flavor. Too much Manuka can raise the blood sugar so don't add excessive amounts.

Sometimes the best pre-game meal is last night's dinner leftovers. The portion size depends on the athlete's size, and eating habits. Let's use chicken as our example

Recipes / Example 1

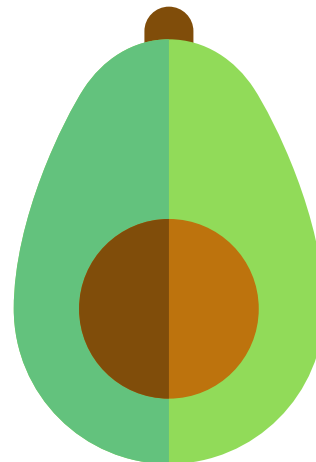
Baked Chicken (chicken thighs)

- Heat the oven to 400 degrees
- Coat the bottom of the baking tray with coconut oil
- Add the washed chicken to the tray and flip over each side to coat chicken with oil.
- Lightly cover chicken with Celtic Sea Salt, Pepper, Organic Garlic Powder and Organic Parsley
- Cook at least 30 minutes or until lightly golden.
- Add 2-3 thighs for pre-game meal



Guacamole

- 1 medium size onion (dice $\frac{1}{2}$ the onion to fill a $\frac{1}{4}$ serving cup)
- 3 avocados
- 1 $\frac{1}{2}$ tablespoon of freshly squeezed lime
- 2 tomatoes diced
- 1 head of cilantro (finely chopped)
- $\frac{1}{2}$ teaspoon Celtic Sea Salt
- $\frac{1}{2}$ teaspoon Pepper
- $\frac{1}{4}$ curry
- Use $\frac{1}{2}$ cup of guacamole for pre-game meal



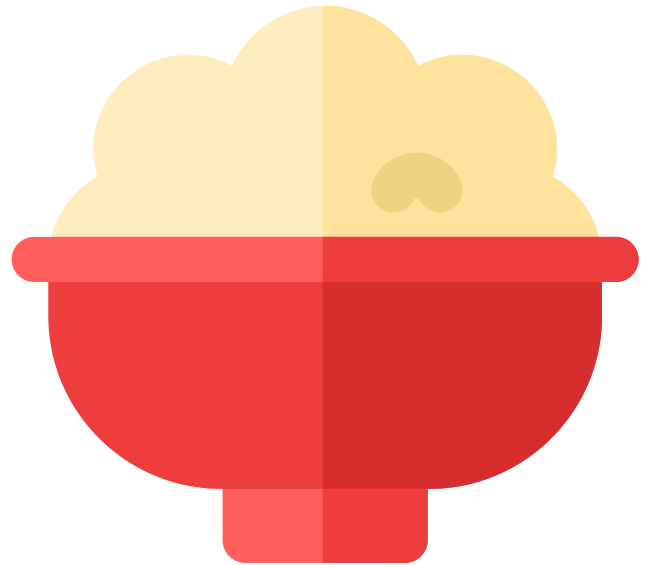
Recipes / Example 2

Baked Chicken (chicken thighs)

- Heat the oven to 400 degrees
- Coat the bottom of the baking tray with coconut oil
- Add the washed chicken to the try and flip over each side to coat chicken with oil
- Lightly cover chicken with Celtic Sea Salt, Pepper, Organic Garlic Powder, Organic Parsley
- Cook at least 30 minutes or till lightly golden
- Add 2-3 thighs for pre-game meal

Brown Rice

- Place 1 cup of rice into a pot
- Add 1 ½ cups of water and stir lightly
- Cover the top and bring to a boil
- Reduce heat to a low, simmer for 25 minutes
- Remove from heat and let sit for 10 minutes.
- Add ½ -¾ a cup of rice to pre-game meal



1-2 cups Broccoli

- Fill pot with enough water so it barely reaches the bottom of the colander
- Bring pot to a boil with steam drainer placed inside the pot
- Add washed broccoli to the top and cover for about 7 minutes
- Stick with fork to feel for desired tenderness

Recipes / Example 3

Baked Chicken (chicken thighs)

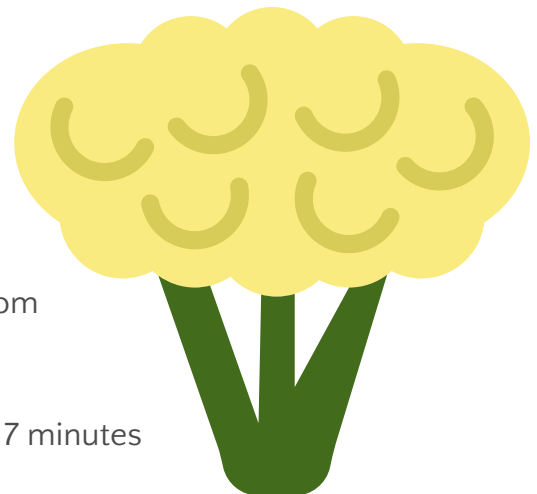
- Heat the oven to 400 degrees
- Coat the bottom of the baking tray with coconut oil
- Add the washed chicken to the tray and flip over each side to coat chicken with oil
- Lightly cover chicken with Celtic Sea Salt, Pepper, Organic Garlic Powder, Organic Parsley
- Cook at least 30 minutes or until lightly golden
- Add 2-3 thighs for pre-game meal

Baked Sweet Potato with cinnamon

- Heat oven to 350 degrees
- Cover potato with foil on baking sheet
- Depending on the size of the potato, cook for 60-90 minutes
- Poke with fork to check tenderness
- Slice potato in half and sprinkle in cinnamon
- Use half for pre game meal

1-2 cups Cauliflower

- Fill pot with enough water so it barely reaches the bottom of the colander
- Bring pot to a boil with steam drainer placed inside
- Add washed cauliflower to the top and cover for about 7 minutes
- Stick with fork to feel for desired tenderness



Recipes / Example 4

Baked Plantains Chips (1-2 green plantains)

- Preheat oven to 400 degrees
- Coat baking sheet with coconut oil
- Peel and cut plantains crosswise into slices no bigger than 1/8 inch
- Place plantains on baking sheet and flip so each side has oil cover it.
- Squeeze fresh lime over each and sprinkle cinnamon and celtic sea salt
- Cook for 20 minutes and flip each after 10 minutes
- Let plantains sit for 10 minutes
- Use 1 cup of plantains for pre-game meal



Recipes / Example 5

Protein shake with coconut water

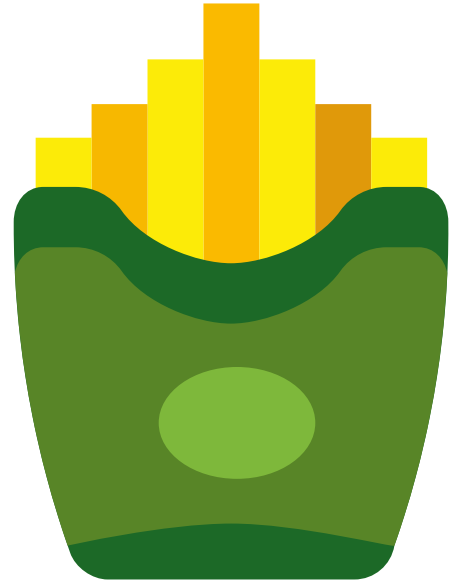
- 1-2 scoops of protein powder
- Add 1 ½ -2 cups of coconut water
- Shake and enjoy



Recipes / Example 6

Baked Yucca fries (2 large Yucca)

- Remove Yucca covering
- Bring pot to a boil and add Yucca. Yucca is done once you're able to stick a fork through or boiled for 20 minutes
- Let yucca strain so excess water has filtered through
- Cover bottom of glass baking tray and Yucca piece with coconut oil
- Split Yucca into small piece and add to cooking tray. Lightly add coconut oil, salt, pepper, and garlic powder over Yucca.
- Set oven to 400 degrees and bake for 40 minutes or until there is a golden covering. Turn Yucca over after 20 minutes
- Use no more than ¼-½ the tray as pre-game meal



Protein shake with coconut water

- 1-2 scoops of protein powder
- Add 1 ½ -2 cups of coconut water
- Shake and enjoy

What type of protein should I use?

Design for health has a great protein based supplement. The product is a non-denatured whey product. Unless you get the chocolate brand, the only ingredient is whey protein. This is what we want! The lesser the ingredients, the better.

When looking for a protein based supplement, look for a brand with the smallest amount of ingredients. My goal is to have a protein supplement with less than three ingredients. We are not looking to change body composition with this drink. It's simply for energy. The protein and sugar from the coconut water is a perfect combination.

Why chicken?

Chicken, as we know, is a great source of protein, fat and calories. It also has high levels of B vitamins. These vitamins and minerals treat the good bacteria in our stomach, increase the breakdown and absorption of proteins and carbohydrates and increase the strength in the walls of our

blood vessels. Specifically, B6 helps nourish our nervous and immune systems as well as our metabolism.

Why choose Coconut Oil?

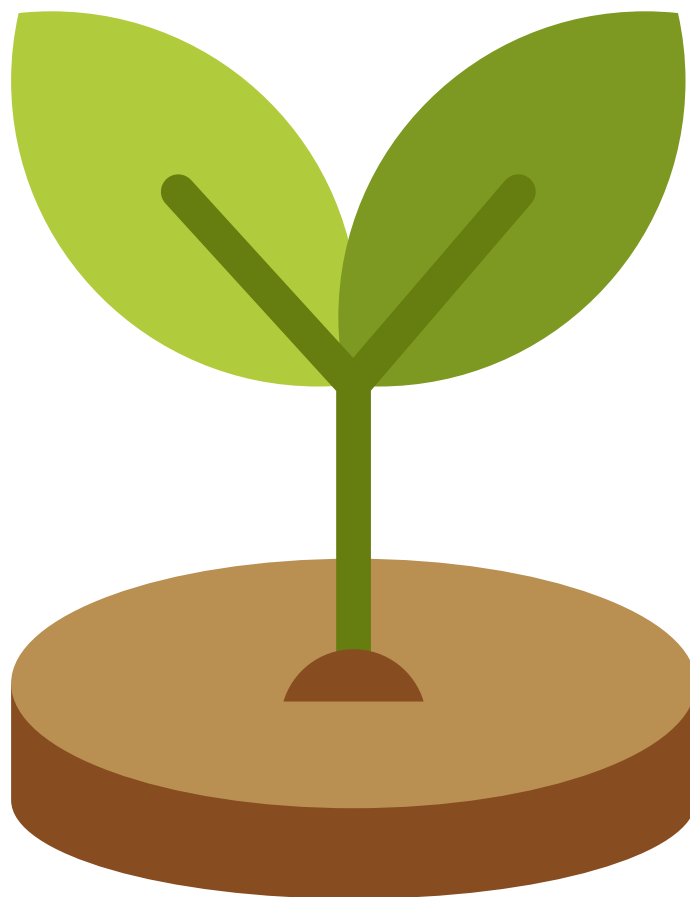
Coming from the tropical tree nicknamed the "Tree of Life", coconut oil is a very healthy way to add great fat into your diet. Coconut has medium-chain triglycerides (MCT), most specifically, Lauric acid. The main fat (49 percent), lauric acid, is an antimicrobial, antifungal, and antiviral fatty acid all unique to coconut oil. This (MCT) is a great source for saturated fat. Like lean protein, coconut oil has a thermic effect which boosts metabolism. One unique quality to coconut oil is how quickly the body digests it for energy compared to other oils that tend to be stored later as fat. Coconut oil is a great source of energy.



Real Food—What to eat and why

What is Yucca?

Like chicken, yucca is filled with B vitamins that help absorb and convert carbs, proteins and fats into energy. Yucca root contains resveratrol, a natural anti-inflammatory and anti-oxidant that protects your body from damage caused by free radicals (these are produced during exercise—like the exhaust that comes out of your car when you drive). With such a low glycemic index, I like to switch up my carbohydrate source with yucca for potatoes as my carbohydrate in my meals.



The Paleo Project – source

Broccoli and Cauliflower

Adding to the abundance of vitamins and minerals in these two vegetables, they're both a great source of fiber, antioxidants and carbohydrates. Each has a low glycemic index which will keep the blood sugar from rising.

Plantains as a carbohydrate replacement?

Plantains, more specifically, green plantains are a great source of a dense carbohydrate. They are loaded with potassium—a whopping 720mg per cup—that is crucial for replenishing electrolytes after exercise.

Avocados

This fruit is loaded with potassium, healthy fats and protein. This is a great additive to any pre-game meal due to its low glycemic

sore. Avocados are a calorie dense nutrient that will help deliver the energy when it's needed.

Brown Rice vs White Rice

Loaded in the covering of brown rice are nutrients such as fiber, protein, potassium, and magnesium just to name a few. White rice has been stripped from these nutrients by human processing

In conclusion, what we choose to eat can have a direct impact on the way we compete. It is our job to pick the right dietary choices during the day as well as pre-game and post game meals. Major companies and society have so many options that are easily accessible. Unfortunately they tend to be on the dark side of nutrition. I often get asked the question, "If I train hard, I can eat whatever I'd like, right?" My answer is always the same. "Nutrition is 60-70% of the preparation and 30-40% involves training".

In order to be an all-star, let's start eating like one!