



AMPLIFIED

soccer athlete

NUTRITION GUIDE
FOR
SOCCER ATHLETES

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SERIOUS SOCCER ATHLETES

need to pay special attention to their diet and daily nutrition intake. If you want to see the greatest results from your hard work on the field or in the gym, what you decide to put into your body is essential. Food is your fuel. It is what your body relies on to run properly and perform the way it was intended.

This nutrition guide includes information from some of the top experts in the field, over 30 healthy recipes and a schedule to track your weekly meal planning. Use this guide to get on track toward a healthy lifestyle that supports your training schedule.

This is simply a sample guide to support your daily nutrition. Calories should vary based on body type and size. This is not intended to replace a customized nutrition plan from professionals in the industry.

Where to Begin: The 10 Nutrition Rules To Live By

Deciding what you should eat is never an easy task given the wide range of options that exist. The even more challenging factor is all of the marketing and packaging you must weed through and determining what's actually healthy and good for your diet. On ussoccer.com, Danielle LaFata Director of Performance Nutrition, Athletes' Performance discusses the nutrition rules soccer athletes should live by when deciding what to eat. This is a great base of knowledge to have before you head to the grocery store.

1. COME BACK TO EARTH: Choose the least processed forms of food such as fruits, veggies, whole grains and high fiber carbohydrates.

2. EAT A RAINBOW OFTEN: Eat fruits or vegetables with each meal. Choose a wide variety of colors for the biggest benefit.

3. THE LESS LEGS THE BETTER: Include a LEAN protein source with each meal.

4. EAT HEALTHY FATS: Include healthy fats in your diet like olive oil, nuts, natural nut butters, seeds, avocado, fish, flaxseed and flaxseed oil.

5. EAT BREAKFAST EVERY DAY: When you eat within 30 minutes of waking up, you jump start your metabolism. This gives you more energy to get your day going.

6. THREE FOR THREE: Eat smaller portions more often, spread evenly across the day. No excuses – you should be eating 4-6 meals/day! Aim for all three macronutrients (carbs, protein, and fat) every three hours for optimal fueling.

7. STAY HYDRATED: Dehydration = Decreased Performance. Drink at least three liters of non-caloric beverages (water/green tea) every day.

8. DON'T WASTE YOUR WORKOUT: Have a post-workout recovery meal or shake that combines both carbs and protein immediately after your training.

9. SUPPLEMENT WISELY: Fuel first and supplement second. If you are not getting what you need through food, add a multivitamin supplement into your daily routine. Create a smart supplementation program that improves your performance without compromising your health or draining your wallet. Before you take any type of supplement, make sure to check in with your doctor or registered dietitian.

10. SLEEP: Aim for eight hours of sleep. If you can't get eight hours daily, consider power naps when you can. The body recovers and repairs best when it is sleeping.

And to finish off ...

The 80/20 Rule: Each meal and snack is an opportunity to fuel your body optimally. Choose the foods that are best for you 80% of the time and incorporate some of those foods that may not be the best, but are your favorites, 20% of the time!

DAILY EATING FOR HEALTH AND HIGH ENERGY

Good food is not only one of life's pleasures; it is also a powerful tool for helping you to be a better soccer player. Eating the right foods at the right times can help you train at your best so you can then compete at your best. It will also improve your health and future well-being. Unfortunately, eating well on a daily basis doesn't just happen magically. You need to understand good nutrition, and find time to food shop, so you'll have wholesome sports foods available. You also need to find time to fuel up and refuel with an eating schedule that enhances your energy and improves your performance. Unfortunately, the chaos of training and general schedules that lead to erratic eating patterns may result in losing track of what you have—and have not—eaten. In this chapter, you will learn the basic tips about how to eat well, even when you are eating on the run. But first, it helps to understand what "eating well" means. A simple definition is to eat:

1. At least three kinds of wholesome foods at each meal.
2. At least two kinds of wholesome foods for each snack.
3. Evenly-sized meals about every four hours throughout the day (as opposed to "crescendo eating" with a small breakfast and a large meal at the end of the day).
4. At least 90% of the calories from quality foods and, if desired, the remaining 10% from sweets and treats.

Luckily for today's soccer players, you (or your parents) don't have to be a good cook to eat well. You can still manage to nourish your body optimally even if you are dashing from school or work to workout, and are spending very little time in the kitchen.

Here are some guidelines to help you make optimal food choices:

1. Try to eat at least 2 cups of fruit and 2½ cups of vegetables per day.
2. Choose a variety of colors of fruits and vegetables each day: red apples, green peppers, orange carrots, yams, or white potatoes. If you can't eat them, drink fruit and/or vegetable juices.
3. Enjoy whole-grain products at least two times per day, such as oatmeal for breakfast and whole wheat bread for lunch. The rest of the recommended grains can come from enriched grain products, such as enriched pasta. In general, at least half the grains should come from whole grains. (Whole grains include whole wheat, brown rice, oats, corn, barley, etc.)
4. Drink 3 cups (24 ounces; 720 ml) each day of fat-free or low-fat (soy) milk or yogurt, or eat the calcium-equivalent in low-fat cheese (1.5 ounces (45 g) of cheese = 8 ounces (240 ml) of milk or yogurt).
5. When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
6. Limit your intake of saturated and trans fats and choose healthier oils such as olive and canola oils, nuts and nut butters, and oily fish such as salmon.

Preventing Dehydration

This is an excerpt from the Food Guide for Soccer: Tips and Recipes From the Pros by Gloria Averbuch and Nancy Clark. An excerpt from Chapter 8: Fluids, Water and Sports Drinks (reprinted with permission) Food Guide for Soccer by Nancy Clark and Gloria Averbuch).

Dehydration is one of the major causes of fatigue while playing soccer. Hence preventing dehydration is a vital part of your sports diet. While recreational soccer players are unlikely to become dehydrated if they are practicing for an hour or less of low-key soccer in cool weather, serious soccer players with sweat-soaked uniforms want to be sure to drink adequate fluids, not only in hot weather, but also in cool weather when they may not think to drink. They might be losing two to three quarts (liters) per match, if not more. And on typical tournament weekends, that really adds up.

Younger soccer players are also at risk for becoming dehydrated. Children have less capacity for sweating, and their body temperature can rise quickly if they become dehydrated. If you are the coach or parent of a young soccer player, be sure to provide frequent fluid breaks, preferably in the shade. If the soccer field does not offer shade, consider requesting that the team invest in a portable open-sided tent with a roof to set up along the sidelines during the game for at least a little shade. While you don't have to replace every drop of sweat, your goal should be to limit sweat loss to 2% of your body weight (Montain). That is:

If you weigh:	Do not lose more than:
100 lbs (45 kg)	2 lbs (1 kg)
125 lbs (57 kg)	2.5 lbs (1.2 kg)
150 lbs (68 kg)	3 lbs (1.5 kg)

Your heart rate increases by 3 to 5 beats per minute for every one percent of body weight loss. Hence, with increasing sweat losses, exercise feels harder; you'll enjoy it less, and you'll move slower. In extreme cases, becoming dehydrated can contribute to medical problems. When you are training hard day after day in the heat—perhaps doing double sessions pre-season or playing multi-game tournaments—you can easily become chronically dehydrated. You'll feel unusually fatigued and lethargic. Don't let that happen! You can tell if you are well-hydrated by monitoring your urine:

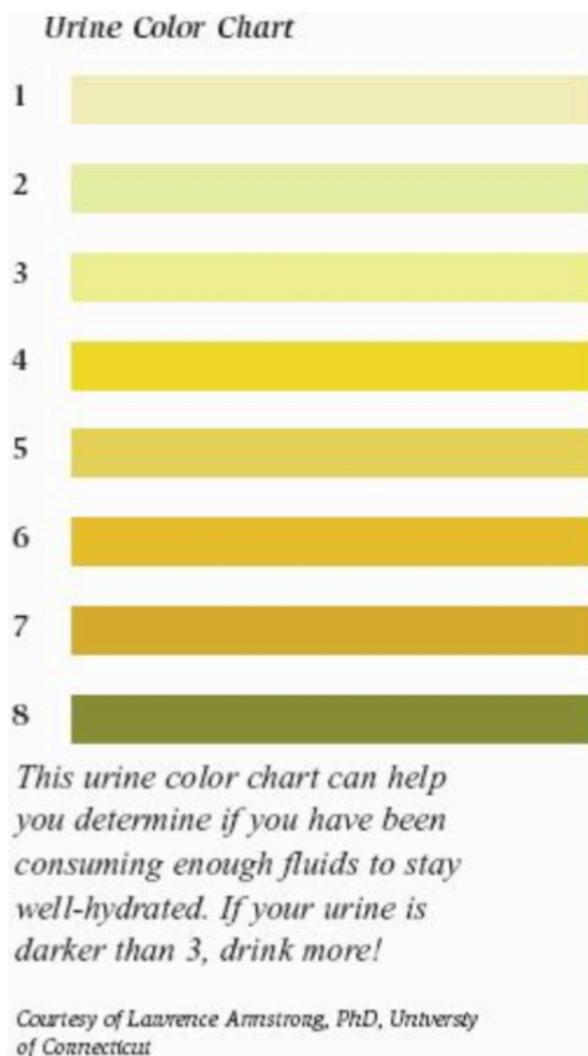
- You should urinate frequently (every 2 to 4 hours) throughout the day. (Check with your players on game or tournament days.)
- The urine should be clear and of significant quantity.

- Your morning urine should not be dark and concentrated. (See the Urine Color Chart.)

“The biggest nutrition improvement I’ve made since coming to Women’s Professional Soccer is drinking more water. Drinking enough has made a significant impact on my energy level and performance on the field.” - Lisa De Vanna, Forward, Washington Freedom

Thirst is a clear signal your body needs fluids. You want to drink before you feel thirsty. Or, you can follow the advice of the American College of Sports Medicine and learn your sweat rate so you can drink the right amount to match your sweat losses.

To determine how much you should drink during exercise, weigh yourself (without clothes) before and after a soccer game. Keep track of how much you drink; 16 ounces of water (or sports drink) weighs one pound. If you drank nothing and lost two pounds (32 ounces or 1 quart or about 1 liter) in 60 minutes, you should plan to drink accordingly during the next exercise session— at least 8 ounces (225 ml) for every fifteen minutes of physical activity. If you struggle with muscle cramps (often associated with dehydration), you might want to monitor your weight, to see if you are keeping up with your fluid needs. If you weigh 120 pounds (55 kg), try not to lose more than 2 1/2 pounds (1 kg) of sweat during a workout. Practice drinking fluids during training as a means to teach your stomach to comfortably accommodate the liquid. Your body can turn water into sweat in about 10 minutes, so keep drinking, even towards the end of practice sessions or, if possible, games.



Plan Ahead

The best way to ensure healthy eating habits are followed is to plan ahead and track your progress. It's a fun and easy way to look at your overall nutrition and see where improvements can be made. This is a sample meal planner. If you click on the image below, it will take you to an excel document you can download and use as a way to track your food and beverage intake.

MEAL PLANNER SETUP

DAILY CALORIE TARGET: 1600
DAILY FAT GRAM TARGET: 50

ENTER TARGET GOALS BY MEAL

FOOD ITEM	SERVING	CALORIES	FAT
asparagus spears	1/2 cup	20	0.2
bacon	slice	23	1.5
baked potato (no salt)	1/2 cup	51	0.1
banana	banana	200	0.7
blueberries	cup	83	0.5
butter w/salt	pat	36	4.1
chicken breast	cup	231	5
coffee (black)	mug	5	0
cooked broccoli	stalk	98	1.1
mixed fruit cup	cup	70	0
orange juice	cup	112	0.5
poached egg	egg	71	5
popcorn cake	1/2 cake	38	0.3

BREAKFAST
375 CALORIES | 20 FAT GRAMS

LUNCH
450 CALORIES | 10 FAT GRAMS

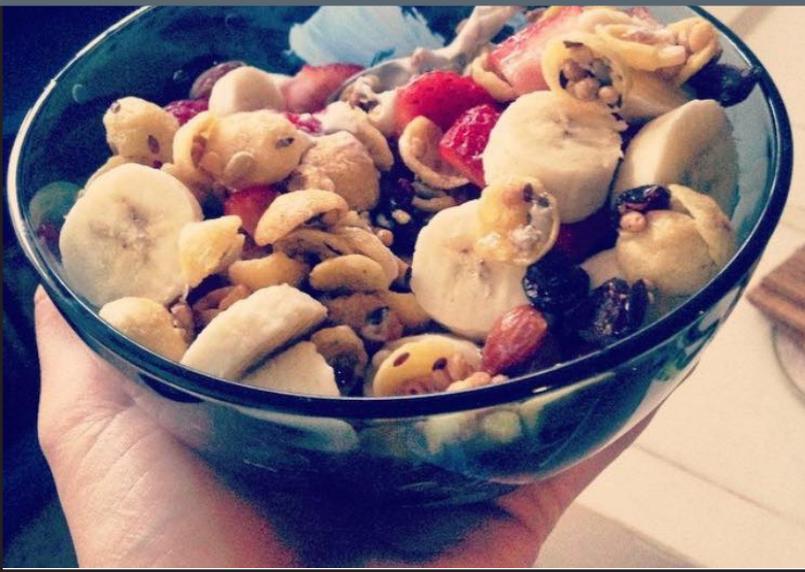
DINNER
475 CALORIES | 15 FAT GRAMS

SNACKS
300 CALORIES | 5 FAT GRAMS

IMAGE LINK: <http://www.amplifiedsoccerathlete.com/nutrition/2015/8/20/plan-ahead-and-track-your-progress-meal-planner-guide>



BREAKFAST RECIPES





YOGURT AND GRANOLA

Ingredients:

- + 1 Cup Greek Yogurt
- + 1 Cup Granola Mix
- + ½ Cup Berries
- + ½ Cup Bananas
- + 1 Tsp Agave Nectar

Directions: Combine and enjoy

ENERGY SMOOTHIE

Ingredients:

- + ½ Cup Banana
- + ½ Cup Frozen Strawberries
- + ¼ Cup Frozen Blueberries
- + ½ Cup Spinach
- + 1 Tbsp Peanut Butter or Almond Butter
- + 1 Tsp Hemp Seeds
- + 1 Tsp Chia Seeds
- + 1 Cup Chocolate Milk

Directions: Combine all ingredients. Add milk last and frozen berries toward the top for best blend experience.



CRUSTY MAPLE OATMEAL

Ingredients:

- + 3 cups steel cut oatmeal
- + 3 tablespoons brown sugar
- + 3 tablespoons maple sugar
- + 6 tablespoons chopped walnuts

Directions: Cook oatmeal according to directions. In a small bowl, combine the brown and maple sugars. Set aside. Portion 1 cup servings of oatmeal into individual, oven-safe bowls. Layer, in order, 1 tablespoon walnuts and 1 tablespoon sugar mixture on top of oatmeal. Place under broiler to melt sugar until it forms a crust and turns golden brown.

IMMUNITY SMOOTHIE



Ingredients:

- + 1 1/2 cups frozen berries
- + 1 medium peeled carrot
- + 1 cup plain kefir (a yogurt like drink)
- + Dash of Cinnamon

Directions: Blend together in blender



MOROCCAN OATMEAL

Ingredients:

- + Ready-to-eat steel-cut oatmeal
- + Chopped Dates
- + Shredded Coconut
- + Nutmeg
- + Plain Greek yogurt

Directions: Cook Oatmeal and top with remaining ingredients.



EGG POWER WRAP

Ingredients:

- + 2 Eggs
- + Salt and Pepper
- + Garlic Powder
- + Whole Grain Tortilla
- + Sun Dried Tomatoes
- + ¼ Cup Asiago Cheese
- + Baby Greens

Directions: Whisk two eggs with salt, pepper, and garlic powder. Microwave for one to two minutes. Place on a whole-grain tortilla with sun-dried tomatoes, 1/4 cup Asiago cheese, and baby greens. Wrap in foil.

LUNCH



RECIPES



SUPER FOOD SALAD

Ingredients:

- + Broccoli
- + Brussels Sprouts
- + Cabbage
- + Kale
- + Chicory
- + Dried Cranberries
- + Roasted Pumpkin Seeds
- + Poppyseed Dressing

Directions: Combine ingredients and toss in dressing. Recommended: Add grilled chicken or salmon.



SUMMER SALAD

Ingredients:

- + Zucchini
- + Lentils
- + Tomato
- + Pecans
- + Pine Nuts
- + Bee Pollen
- + Olive Oil
- + Fresh Mint
- + Black Pepper

Directions: Combine all ingredients. Toss in Olive Oil and Bee Pollen.



CHICKEN & WATERMELON SALAD

Chicken:

- + 2 Chicken breasts
- + 1 teaspoon olive oil
- + Salt and pepper

Vinaigrette:

- + 3 tablespoon olive oil
- + 1 tablespoon lime juice, more if needed
- + 1 teaspoon lime zest
- + 1 teaspoon grated onion
- + Salt and pepper, to taste

Directions:

Coat chicken in olive oil, salt and pepper. Grill the chicken on high in a grill pan or on the BBQ until cooked through. Set aside.

Thoroughly combine all ingredients for the vinaigrette and toss lettuce with 3/4 of the mixture. Use the remaining 1/4 of the vinaigrette to coat the watermelon wedges. Brush mint and jalapeño slices with any remaining vinaigrette.

To serve: lay the lettuce down on a serving tray, followed by the watermelon, chicken (cold is best), pecorino and mint. Garnish with jalapeño slices.



CALIFORNIA CHICKEN WRAP

Wrap:

- + 1 pound boneless, skinless chicken breast
- + 2 tomatoes, diced
- + 1/2 cup chopped artichoke hearts
- + 4 tablespoons chopped Kalamata olives
- + 6 whole wheat tortillas

Sandwich Dressing:

- + 1 tablespoon minced, red onions
- + 1 tablespoon canola oil
- + 1 1/2 teaspoons Dijon mustard
- + 1 tablespoon grated Parmesan cheese
- + 2 tablespoons red wine vinegar
- + 1 teaspoon minced garlic
- + 1 teaspoon fresh chopped basil
- + 1 teaspoon chopped parsley
- + Salt and pepper to taste

Directions:

Preheat grill. In a small bowl, combine all ingredients for the dressing, and set aside. Grill chicken breasts on medium heat until cooked through. Cool chicken and dice. In a large bowl, combine the chicken, tomatoes, artichokes and olives. Pour the dressing over the vegetable and chicken mixture, and toss gently until mixture is fully coated. Place tortilla on a flat surface. Place 1/2 cup of vegetable and chicken mixture on a tortilla. Roll burrito-style and serve.



TURKEY PITA POCKET

Ingredients:

- + 3 Ounces Shredded Roasted Turkey
- + 1 Ounce Grated Smoked Gouda
- + ¼ Cup Chopped Walnuts
- + 1 Tbsp Mayo
- + ½ Diced Pear
- + Poultry Seasoning
- + Whole Wheat Pita

Directions:

Combine shredded roasted turkey, grated smoked Gouda, chopped walnuts, mayo, diced pear, and a sprinkle of poultry seasoning. Spoon into a whole-wheat pita.



BLACK BEAN ROLL

Ingredients:

- + 1 Cup Canned, Drained Black Beans
- + Green Salsa
- + Wheat Roll
- + ½ Cup Green Cabbage
- + Cilantro

Directions:

Smash canned, drained black beans with green salsa. Spread between a four-inch wheat roll and top with green cabbage and cilantro.



HAWAIIAN RICE BOWL

Ingredients:

- + Sticky Brown Rice
- + ½ Cup Pineapple
- + ¼ Cup Macadamia Nuts
- + 2 Ounces Diced Ham
- + 1/8 Cup Coconut

Directions:

Heat a ready-to-eat bowl of sticky brown rice (try Annie Chun's Rice Express); add pineapple, macadamia nuts, diced ham, and coconut.



DINNER

RECIPES





PORK TACOS

Ingredients:

- + 1 Pork Shoulder
- + 1 Small Can of Green Chilies
- + 1 Orange
- + ½ Red Onion
- + 1 Tbsp Garlic Powder
- + 1 Tbsp Onion Powder
- + Salt & Pepper
- + Corn Tortillas

Directions: Place the pork shoulder in a crockpot and add the chilies, red onion, and seasonings. Squeeze the orange over the mixture until all of the juice is gone. Cook on low heat for 6-8 hours. Place on corn tortillas and add with desired toppings (i.e. Avocado, Greek Yogurt, Pickled Onions).



BAKED SALMON AND COUS COUS

Ingredients:

- + 1 Salmon Filet
- + 1 Tbsp Chopped Dill
- + 1 Lemon
- + 2 Cloves Garlic
- + 1 Box Cous Cous
- + 1 Bunch Green Beans

Directions:

Preheat oven to 400 degrees. Place salmon filet on greased foil on top of a baking sheet. Sprinkle dill all over the filet. Top with garlic and squeeze entire lemon over the filet. Wrap salmon with foil. Place in oven and bake for 20-25 minutes or until pink in the middle (no more red color). Follow directions on box for Cous Cous. Green beans can be boiled in water for 10-15 minutes, strained and served.



SUPER FOOD BOWL

Ingredients:

- + Stir Fry Steak Strips or Chunks
- + 2 Beets
- + 1 Sweet Potato
- + 1 Cup Swiss Chard
- + ½ Cup Barley
- + Olive Oil
- + Salt

Directions:

Flash fry steak until medium rare. Roast Beets and Sweet Potato in oven at 400 degrees for 20-25 minutes with Olive Oil and Salt. Cook Barley as directed on package. Sauté Swiss Chard in Olive Oil until wilted. Mix all ingredients together in a bowl.



SALMON WITH POACHED EGG AND KALE

Serves 2

Ingredients:

- + 2 - 3 ounce Salmon fillets
- + 2 Eggs
- + 3 cups Kale
- + 2 tablespoons Avocado oil
- + 1 tablespoon White wine vinegar
- + Salt and pepper, to taste

Directions:

Bring a pot of water to poaching temperature, just lower than a simmer. Add the white wine vinegar to the water and poach your two eggs. Heat a cast iron pan or a non-stick pan on med-high. Season your salmon with salt and pepper on both sides. Coat the pan in one tablespoon of avocado oil and cook your salmon, a couple of minutes on each side. While the eggs and salmon are cooking, heat up another pan on medium heat and coat the pan in a tablespoon of avocado oil. Cook your kale for about five minutes, seasoning with salt if desired. Plate your kale first, then salmon and top with poached egg.



FISH TACOS

Serves 4

Ingredients:

- + 2 - 4 oz Cod fillets (or other white fish)
- + 8 Corn tortilla wraps
- + 1 Avocado, medium dice
- + 1/2 Mango, medium dice
- + 1 cup Cucumber, medium dice
- + 1 Jalapeno, de-seeded and minced
- + 1 tablespoon olive oil
- + Salt and pepper to season

Dressing:

- + 3 tablespoons Olive oil
- + 1 tablespoon Rice wine vinegar
- + 1 tablespoon Lime juice
- + 1 tablespoon Lime zest, grated
- + 1 tablespoon Shallot, minced
- + Garlic clove, minced
- + 1/2 cup Fresh cilantro, finely chopped
- + Salt, to taste

Directions:

Preheat oven to 400 degrees. Lightly brush cod fillets with olive oil and season with salt and pepper. Bake for approximately 12-15 minutes until firm and cooked through. Chop into bite sized pieces and allow to cool. Combine all ingredients for the dressing. Pour dressing over fish, mango, cucumber, avocado and jalapeno. Heat corn tortillas in a pan on medium-low and divide mixture into each tortilla.



SNACK RECIPES





SMOKED SALMON & AVOCADO FINGER SANDWICHES

Serves 2-3

Ingredients:

- + 2 slices Sourdough bread
- + 4 ounces Smoked salmon (wild caught is best)
- + 1 Avocado
- + 2 tablespoons olive oil
- + 1 tablespoon lemon juice
- + Salt and pepper, to taste

Directions:

Preheat oven to 400 degrees. Cut bread into bite sized pieces, around 2 in x 1 in. Coat in olive oil and season with salt and pepper. Bake in the oven until browned, about 15 minutes. Drizzle lemon on avocado and season with salt. Scoop out about a tablespoon per piece of bread. Top with smoked salmon.



BENTO SNACK BOX

Ingredients:

- + Handful of blueberries
- + Jicama and red pepper strips
- + Whole-wheat crackers
- + Canned salmon
- + Scallions
- + Sprouts
- + Wasabi mustard

Directions: Place each in small containers.



ASIAN TOFU ROLLS

Ingredients:

- + Rice Paper Wraps
- + Tofu
- + Cucumber
- + Carrot
- + Red Bell Pepper
- + Thai Peanut Sauce

Directions: Fill rice paper wraps with strips of protein-rich tofu, cucumber, carrot, and red bell pepper. Roll up and pack in a container along with Thai peanut sauce for dipping.



ANTIPASTO SALAD

Ingredients:

- + Cherry Tomatoes
- + Mozzarella
- + Roasted Yellow Peppers
- + Basil Leaves
- + Almonds
- + Whole Wheat Roll

Directions: Pack all ingredients into a container.