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**YOUTH ATHLETE  
WELCOME PACKET**

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# TABLE OF CONTENTS

*"There's a difference between being interested in something and being committed to it."*

It's a Lifestyle - Pg. 1

Stop Doing Six - Pg. 2

Expectations for PowerStrength Athletes - Pg. 3

PowerStrength Pyramid - Core Values - Pg. 4

Core Values Cont. - Pg. 5

Core Values Cont. - Pg. 6

Disclaimer/Nutrient Expectations - Pg. 7

The 5 Basics - Pg. 8

Macronutrient Overview, Protein, Micronutrients - Pg. 9

Carbohydrates, Water - Pg. 10

Fats, Sleep - Pg. 11

Mass & Muscle Gain vs. Body Fat Loss - Pg. 12

Tips for Gaining Weight, Tips for Losing Weight - Pg. 13

Food Sources - Pg. 14

Athlete Meal Plan Overview - Pg. 15

Meal Plan Template #1 - Pg. 16

Meal Plan Template #2 - Pg. 17

Workout Nutrition - Pg. 18

Protein Shake Recipes - Pg. 19



# “IT’S A LIFESTYLE”

Welcome to PowerStrength Training Systems! We are happy you’re with us and you made the choice to improve in pursuit of your goals. As you know, we cater to serious athletes looking to enhance all aspects of their performance training, while also building quality life habits. Our program is proven to quickly and safely progress you towards your goals. It will challenge you mentally and physically, and I strongly encourage you to give total focus and effort to every session. Listen to your coach's instructions, and adhere to their advice. Come ready each day to compete against yourself and do everything you can to win.

PowerStrength athletes train hard but they also train smart. There is a rhyme and reason for everything we do. This is how an athlete can train optimally and receive the most effective results in the shortest amount of time. We pride ourselves on having a results-based training environment and mindset. Maintaining the integrity of this mindset is extremely important to us and to our athletes who share it. Many individuals came through our program before you and they worked hard to set the tone of what being a PSTS athlete is all about. Like our training programs, there is no “fluff” in our gym. Everything we do is done to improve overall athletic performance and eliminate any distractions to achieving the best results possible.

PowerStrength isn’t for everyone. PSTS athletes have a desire to better themselves and have invested to do so. Some athletes accept mediocrity and don’t want to maximize their potential; some athletes make excuses and are allergic to hard work. – you are not like them! You made the commitment to continual improvement. Be ready to train every day! You now represent us and we will always guard against those who aren’t willing to put in the work!

We truly enjoy working with athletes like you to help you set and achieve your goals. Guiding you to develop physical and mental strength is our main focus – but only if we’re building strong character along with strong bodies. These values and character traits will stay with you for a lifetime and something we will discuss every week.

The training you are about to go through will provide you a tough mental attitude that will give you the edge over your competition. You have the opportunity to be around some of the best athletes in the area, receive expert coaching, and get a great return on your sacrifice. You also have the privilege to be a part of an exclusive club that wants you to succeed. Embrace this as it won't be easy! You have to want it more than your parents or coaches. You are doing the work and you must have the hunger to succeed!. Let's get to work.

Thank you and welcome to the PowerStrength Family!

-Mark and the PSTS Team

# 'STOP DOING SIX' FOR SERIOUS YOUTH ATHLETES

**1**

Serious athletes don't eat all their meals out of a package or wrapper - they eat real, whole foods whenever possible.

**2**

Serious athletes don't end up empty-handed - they plan ahead and take responsibility for their food, especially, breakfast, snacks, and food to eat around their workouts.

**3**

Serious athletes don't drink pop/soda - they drink plenty of water throughout the day.

**4**

Serious athletes don't eat 'carb-only' meals - they aim to eat protein at every meal, including breakfast.

**5**

Serious athletes don't go longer than 3-4 hours without eating a meal or snack - they know they must eat frequently to have energy

**6**

Serious athletes don't bite the hands that feed them - they're grateful for the food on the table!

# EXPECTATIONS FOR POWERSTRENGTH ATHLETES

## Expectations on Attitude and Respect

1. No Excuses
2. No Whining Or Complaining
3. Attack Every Session With Intensity
4. Plan Ahead And Be On Time To Every Session As Much As Possible. Do Not Make Your Ride Late!
5. Have Awareness Of Your Surroundings. Respect Everyone In The Gym With The Words You Say And How You Say Them
6. Follow Directions And Listen - Be Open To Learn And Ready To Learn Every Day
7. Check Your Ego At The Door
8. Don't Be A Distraction To The Group
9. Help Each Other Reach Our Individual Goals - Competition Breeds Success - We're All Equal While Training
10. Always Represent Yourself, Your Family Name, And The Gym In The Highest Esteem, Especially When You Are Away From The Gym

## Expectations While in the Gym

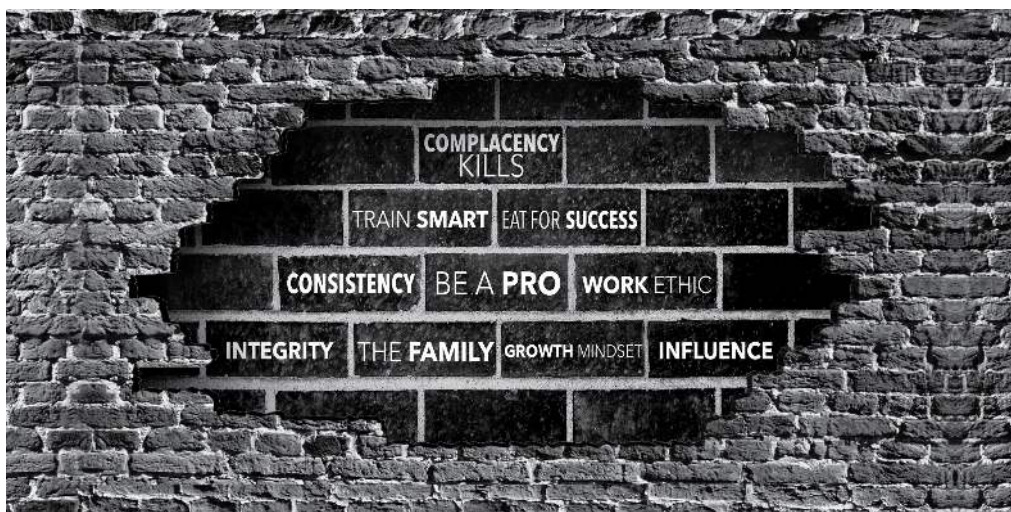
1. Think Safety First In Regards To Lifting Technique And Keeping An Organized Environment
2. Put All Equipment In The Proper Place, Not The Place That Is Most Convenient For You.
3. Don't Trash The Gym. If You See Something Out Of Place, Put It Back
4. No Cell Phones In The Gym. Keep Them In Your Car Or Gym Bag.
5. Perform All Pre-Workout Tasks As Needed - Weigh In, Foam Rolling, Extra Stretches, Etc.
6. Be Friendly And Courteous When Welcoming New Athletes And Visitors. Smile And Give A Firm Handshake
7. Take Pride In Your Place Of Work. Treat The Gym As If It Were Your Own, Because It Is!

## Expectations While away from the Gym

1. Follow All Nutritional Guidelines. This Is Part Of The Program!
2. Maintain All School Work With The Goal Of Excelling - School Comes Before Sport/Training!
3. Be Respectful To Your Parents, Teachers, Coaches - Especially When You're Out In Public
4. When You're In Public - Be Courteous, Be Aware Of Your Surroundings, And Always Use Appropriate Language And Body Language
5. Take Responsibility For Yourself And Your Actions
6. Remember - You Are Representing Yourself, Your Family, Your School, Your Psts Coaches, And The Other PSTS Athletes - At All Times!

# POWERSTRENGTH PYRAMID SYSTEM - CORE VALUES

PowerStrength was built on a strict set of core values that we require all of our PSTS staff to abide by and instill within our athletes. We expect our athletes to reflect these as they grow within the PowerStrength program. Our PSTS Pyramid System has helped hundreds of athletes succeed in life and athletics. To us, training is much more than lifting weights, getting faster, or getting stronger – at any age. As you continue reading, start to think of how you can apply, or enhance, some of these values in your own life. This isn't just for show – it's the high standard we hold athletes just like you to – because we know it will pay off for you throughout your athletic career.



## **The Growth Mindset**

Success both in the gym and in life is built on the Growth Mindset. The Growth Mindset starts with the belief that your basic qualities such as intelligence, athletic ability, interests, and talent can be improved with effort. You can always improve. Failures are opportunities to get better. The opposite of the Growth Mindset is the Fixed Mindset, meaning, things are the way they are and you can never improve them.

## **Integrity**

Every action inside the gym and out must be done with integrity. Having positive values and character traits instilled at a young age develops integrity. Integrity is doing what is right, even when no one is looking. People with integrity are trustworthy, honest, and respectful. It's a fact that your integrity will be challenged with age and various sport and life experiences – continue to develop it daily.

## **Influence**

To have influence over someone, even just one person, means that you are a leader to that person. It is up to you to determine if you are a positive or negative influence on the people around you. You never know who's watching you or listening to what you say. Remember that the smallest thing could influence positively or negatively.

## **The Family**

We have a "family-like" atmosphere at PowerStrength. Training at PSTS isn't for everyone. It is designed to develop relationships with other like-minded people in order to create a recipe for success – it's a built-in support system of athletes with similar goals in mind. No matter what, the majority of your friends, teammates, and maybe even some coaches, won't "get it." Don't be discouraged when you try and explain it to them. Your PSTS Family understands and that is all that matters once we get to work. Always support one another.

## **Be a Pro**

This doesn't mean everyone makes it to the NFL, NBA, NHL, MLS, or the Olympics. This means that you must take a professional mindset towards everything you do. Being a pro means doing the little things when no one else is, and doing them more often than anyone else. You don't have to be a pro to have professional habits.

*At Home* – do your chores without being asked, have a clean room, help with yard work, do the dishes, pick up after yourself, and practice good nutrition and recovery habits.

*At School* – pay attention in class, ask questions, do your homework, sit in the front, be on time, don't be a distraction, and be a leader to your peers. Your teachers and school staff should be able to trust you.

*In Sports*– be early, listen with your eyes and ears to instruction, always hustle and work hard, be a good teammate (lead from the front), put in extra work, help those who need it, lend a hand to clean up or set up. Your coaches should be able to trust you.

*In Training* – embrace the challenge, be coachable, never quit, check your ego, be mentally focused, be early, put in extra work when needed, and practice the growth mindset.

## **Consistency**

There are no quick fixes. Becoming great at your sport takes hours, years, and thousands of reps to develop the correct habits to carryover into game situations. Training is the same exact thing. Training is an ongoing process that produces the best results with consistency. The best athletes we have at PSTS train all year long. When you come across another athlete who only squeezed in a couple months before the season, you'll win both physically and mentally

## **Work Ethic**

Nothing worth having is ever easy. If you want to improve and get results, you're going to have to work hard, work smart, and work some more. The quicker you can develop a great work ethic the quicker you will see progress. GET COMFORTABLE BEING UNCOMFORTABLE. Hard work requires zero talent.

## **Train Smart**

At PowerStrength we have invested an incredible amount of resources in studying and training thousands of REAL athletes to bring the most up-to-date and effective training methods to you. It's our job to provide the most effective program to fit your needs and get results as quickly as possible. The athletes who improve the most are the ones who are the most dedicated. They BUY INTO the program and trust the process. They do their training "homework" outside of the gym as well.

## **Eat For Success**

The most commonly overlooked aspect of improving your athletic performance is nutrition. What you put into your body is just as, if not more important, than any training program or exercise that we can give you. If you want to get faster, stronger, and move better, you HAVE to start concentrating on the type of fuel you are using to power your MACHINE! This is up to you as nobody is going to feed you all day every day. Learn how to make smart choices and discipline yourself to follow-through. It is always noticeable of who is eating for success outside of the gym.

## **Complacency Kills**

"Complacency Kills" is a motto we use to ingrain the habit of further progress. Training alongside other like-minded athletes gives this even more meaning. There is always someone out there looking to take your spot on the team or aiming to beat you. There is always someone better- what will happen when you meet them? Celebrate successes, but use them as fuel to set a new goal and achieve it. This is the peak of our program and it elicits great results because everyone shares this mindset. This has allowed many PSTS athletes to maximize their potential and play at their highest level. Stay Hungry. Stay Humble.



# DISCLAIMER

**These statements have not been evaluated by the Food and Drug Administration. This manual is for information purposes only and is not meant to diagnose, treat, cure, mitigate, or prevent any type of disease or medical condition. We are not doctors or registered dietitians. The following consists of recovery and eating habits that are common among today's serious athletes. Before beginning any type of natural, integrative or conventional nutritional regime, it is advisable to seek the advice of a licensed healthcare professional. If you feel your situation requires special means please let us know so we can refer you to the correct nutrition professional(s).**

# NUTRITION EXPECTATIONS

**Nutrition and recovery are a vital part of your training and performance development program. Eating well, staying hydrated, and getting quality sleep are the most powerful tools available to you as an athlete. Regardless of how great your strength training, conditioning, and/or skill work is – you will not see maximum benefit until you learn to optimize your recovery between training. Nutrition information and resources such as this manual are part of our your PowerStrength program – make it count!**

**There are 168 hours in every week, and you probably practice/train for around 10-15 total hours each week. If you think what you do in those 10-15 hours of work outweighs what you do in the 143+ hours of recovery you're not going to be as successful as you could be as an athlete. Attack your nutrition and sleep as hard as you attack your training, and you'll not only be in a great spot to succeed – you'll also be miles ahead of your competition. We expect you work as hard at the breakfast table as you do in the squat rack, and we'll hold you to that high standard each and every time you step foot into PowerStrength.**

# 'THE 5 BASICS'

If you can nail these basic principles of great nutrition most days, throughout the week - you'll be astonished at how much progress you can make! All of these principles are simple, but not easy, ways to improve your performance instantly. There's a solid chance you may not be able to go '5 for 5' right away, but if you take one per week and work on installing these basics you will start to build habits. Once you've got one down, take the next week and add the next one of these basics. Before you know it, you'll be eating great and performing even better!

It can be tempting to try to improve everything about your nutrition all at once, and that can seem like a very daunting process. A lot of people may have tried to tell you that nutrition is complicated - but that's simply not true. These basics have worked for decades and will continue to work for everyone who's consistent with them - we have seen it firsthand with thousands of PowerStrength athletes. There is no secret, no silver bullet, no one magical thing that will increase your performance - there's only these simple habits completed every day with massive consistency.

# 1

**Eat things that were once alive. If you don't recognize the ingredients, it probably wasn't.**

# 2

**Carry water with you all day, and drink it consistently**

# 3

**Eat at least 4 meals every day. A meal is anything three mouthfuls or bigger**

# 4

**Every meal should contain a high-quality protein and a high-quality vegetable/fruit**

# 5

**Sleep at least 7 Hours per night, every night**

# MACRONUTRIENTS OVERVIEW

These are the building blocks of all the food you eat! As we work together to improve your nutrition we're going to have to speak the same language, so some basic knowledge on what nutrients you're looking to stack up is required. We've also included a quick summary of the other two building blocks for high-performing athletes: sleep and hydration.

Knowledge -> Actions -> Habits

## PROTEIN

Protein's primary role is tissue growth and repair – and it's the most powerful nutrient for both gaining muscle and losing fat. Protein will help you recover from your workouts faster and reduce muscle soreness. It takes a while to break down, and your body is essentially always repairing and growing – so you should try to spread your protein intake out over the course of the day. Every meal you eat should include a high-quality protein source. Adding more protein around your workout (your pre-workout and/or post-workout meal) is helpful, but the main goal we want to achieve is to increase the total amount of protein you get in a full day.

### Actionable Goal – aim to consume 1 gram of protein per pound of bodyweight daily

- Whole Eggs
- Lean Meats – beef, chicken, turkey, pork, etc.
- Seafood – fish, shrimp, shellfish, etc.
- Nuts and Nut Butters – almonds, cashews, walnuts, peanuts, etc.
- Dairy – Greek yogurt, cottage cheese, cheese, milk
- Beef Jerky/High Quality Deli Meats
- PowerStrength Whey Protein Powder

## MICRONUTRIENTS

Micronutrients is a blanket term for all the smaller (but still crucially important) nutrients that fall outside the labels of protein, carbohydrate, and fat. This includes things like minerals and vitamins, and it's important that you cover your bases here daily. Low amounts of micronutrients can lead to deficiencies over time, and those deficiencies can affect your performance and health in a bunch of ways. Eating high quality foods (lots of vegetables and fruits) and adding a bit of variety from week-to-week are simple ways to make sure you're getting enough of these micronutrients. In addition to consuming a lot of varieties of vegetables and fruits, certain supplements like a quality multi-vitamin may be a good *compliment* (not a replacement) in this area.

### Actionable Goal – Aim to consume fruit/vegetable in every meal

# CARBOHYDRATES

Carbohydrates ('carbs') are the primary fuel source for most of your body's processes, and they're what keeps you going in training, practice, and games. Make sure to consume plenty of carbs both pre-workout and post-workout. Carbohydrates provide the body with the energy it needs to perform quality work. When carb levels are low in the muscle and blood, so are your body's energy stores (glycogen). This will cause your muscles to fatigue faster. Carbs come in a lot of varieties, but for our purposes we tend to split them into two main groups: slow carbs and fast carbs.

**Actionable Goal – aim to consume most of your fast (sugary) carbs around your workout and mostly slow (starchy) carbs the rest of the day.**

## Slow Carbs

Slow carbs are more complex and starchy (potatoes, rice, oats, vegetables, etc.) and they'll give you energy for longer – these are the carbs you want to focus on throughout your day.

## Fast Carbs

Fast carbs are more simple and sweet (fruit, juice, etc.) and they're good for quick bursts of energy – these are the carbs you want to consume closer to your training, practice, and games.

# WATER

Most of your body is water, and an even higher proportion of your muscles (about 75%) is made of water. Dehydrated athletes get hurt more, sleep worse, digest and utilize nutrients less efficiently – and ultimately perform worse than hydrated athletes. Even a little dehydration has a massive impact! You don't want to wait until your mouth is dry and you've got a headache, to start drinking water. You also don't need to force-feed yourself water and hit the bathroom every 15 minutes, but you do need to drink a decent amount daily and drink it consistently. A good water goal is half your bodyweight in ounces of water – each day as a baseline.

During intense training, especially when it's hot and you're sweating a lot, it's also important to replace electrolytes that were lost. There are a number of electrolyte sources to choose from – fruits, vegetables, and sports drinks. These drinks often contain a lot of sugar, so they should be used in the pre/during/post workout time block.

**Actionable Goal – aim to consume half of your bodyweight in ounces of water per day**

# FATS

Fats act as a primary source of energy for the body when energy demands are low (i.e. not training or competing). All of the cells in your body are made of fats, your hormones are mostly made from fats, and fats are a great long-term energy source. Fats, and especially good fats, are the glue that holds everything together.

There are 'good' fats and 'bad' fats. It is necessary for the body to consume good fats to maintain proper function. Try to minimize bad fats - like the ones found in fried foods.

To be clear: the dietary fat you eat in food isn't automatically made into body fat - they're not the same thing. Good fats from fish, nuts, eggs, etc. are absolutely necessary, and they should be spread throughout your day like protein.

**Actionable Goal - aim to consume some 'good fats' with every meal other than your pre/post-workout meals. Those would include:**

- **Cooking Oils - olive oil, coconut oil, avocado oil**
- **Nuts - almonds, cashews, walnuts, pecans, nut butters**
- **Seafood - fish, shrimp, shellfish, etc.**
- **Whole Eggs**
- **Avocado**

# SLEEP

The impact of sleep cannot be overstated! If you want to multiply your efforts in everything that has been covered in this manual so far, attack your sleep 'practice' as hard as you attack your training in the gym. If you ignore your sleep, you are essentially minimizing the effort you put into eating and training right. The research is very clear: put your phone down across the room, set a consistent bedtime and wake time, and sleep at least 7 hours every night. If you can make those happen with consistency you'll get better grades, train harder, get better results out of your training, compete better in practice and games, enjoy better mental health, and reap the benefits of better physical health. Utilizing sleep enhances all aspects of your life, and is an essential nutrient. Just like the other nutrients discussed here - you must get a large amount of high quality sleep if you want to be successful.

**Actionable Goal - aim to sleep 7 hours per night, every night**

# MASS & MUSCLE GAIN VS. BODY FAT LOSS

Gaining weight and losing fat requires similar nutrition and recovery strategies. You only need to adjust the total amount of food you eat. If your goal is to gain weight, you must take in more calories than you burn. If your goal is to lose weight, you must take in less calories than you burn.

Keeping your food quality high, your water intake high, and your protein intake high will allow you to gain weight/lose weight more efficiently and effectively. Maintaining great nutrition habits while eating a calorie surplus will allow you to gain the majority of that weight as good, usable muscle.

Maintaining great nutrition habits while eating a calorie deficit and losing weight will allow you to lose the majority of that weight as fat, saving your muscle. Early in your training, and 'proper eating' career, it is entirely possible to do both of these things – gain muscle and lose body fat simultaneously.

Again, basic nutrition principles apply no matter what your primary goal is, which is why we hammer the basics at PowerStrength. If you have a clear goal and consistently follow the eating habits outlined in this manual, it makes it that much easier to direct and guide you along your nutrition path.

## TIPS FOR GAINING WEIGHT



- NEVER skip meals! Eat Breakfast EVERY DAY
- Always have food stashed in car/locker/bag for between meals
- Sip your drink during meals, don't chug
- Always bring food/shakes to your workout for before and after
- End meals by having a protein shake - it's easier to drink once you're "full" than it is to continue to eat solid food
- Eat a snack before bedtime (especially if you are a "hard gainer"!) Ex: Greek Yogurt, granola, and blueberries
- You want to go for healthier options - just consume a lot of them! The goal is to eat how you should 90% of the time, leaving 10% as a buffer to eat however you need to

## TIPS FOR LOSING WEIGHT



- Avoid skipping meals as a weight loss strategy; it's ineffective and can hinder performance.
- Aim for a modest caloric deficit of 500-600 calories per day for safe, sustainable weight loss (1-2 pounds per week).
- Prioritize healthy food choices and proper nutrient timing to support fat loss and promote athletic performance.
- Avoid relying on long-distance running/jogging for fat loss, as it can be counterproductive for athletes aiming to preserve muscle.

# FOOD SOURCES

## Protein

- Whole Eggs
- Lean Meats – beef, chicken, turkey, pork, etc.
- Seafood – fish, shrimp, shellfish, etc.
- Nuts and Nut Butters – almonds, cashews, walnuts, peanuts, etc.
- Dairy – Greek yogurt, cottage cheese, cheese, milk
- Beef Jerky/High Quality Deli Meats
- Whey Protein Powder

## Good Fat

- Cooking Oils – olive oil, coconut oil, avocado oil
- Nuts – almonds, cashews, walnuts, pecans, nut butters
- Seafood – fish, shrimp, shellfish, etc.
- Whole Eggs
- Avocado
- Seeds – flex, hemp, sunflower

## Vegetables

- Cruciferous vegetables – broccoli, kale, Brussels sprouts, cauliflower, etc.
- Leafy greens – spinach, romaine, cabbage, etc.
- Nightshades – tomatoes, peppers, eggplant, etc.
- Others – carrots, onion, garlic, mushrooms, beets, peas, green beans, etc.

## Slow Carbs

- Oats/Oatmeal – rolled/steel cut, not the sugary instant packets
- Potatoes – sweet, red, white
- Rice – brown, wild, white, etc.
- Whole Wheat – bread, pasta, wraps, etc.
- Beans
- Vegetables

## Fast Carbs

- Fruits – preferably fresh, whole fruit
- Fruit products – juice, jelly/jam, dried/frozen fruit
- Gatorade/Sports Drinks



# ATHLETE MEAL PLAN OVERVIEW

These guidelines are a **PART** of your training program. The goal is to introduce nutritious foods and work on basic nutritional principles. All athletes are expected to follow these for maximal gains in the least amount of time possible. To meet your goals, you must eat the right foods and prioritize your recovery.

Achieving results and gaining muscle takes commitment, desire, and discipline. If you're willing to do the "little things" right you will accomplish your goals!

You should have a better understanding of how to prepare your own meals to maximize results. It's time to learn how to cook your own meals, prepare and pack your own food, and take ownership of feeding yourself. Not eating anything because 'your parents didn't make you anything' is an excuse. Be responsible for yourself and plan ahead!

Having enough energy for your training sessions and re-feeding your muscles after your workout is **VITAL** to your success and results. Those who take their nutrition seriously will achieve their goals faster than those who don't. Lead from the front and don't fall behind!

Below are two specific templates to help guide you towards your goals. Determine which one best fits your current goals and needs, and then use it as a template to build your plan.

## Template #1 – Mass and Muscle Building – Sample Meal Plan

- ✓ For athletes who need to add 10-30lbs to their frame before next season
- ✓ Want to keep body composition within 5% of current body fat % and optimize as the season gets closer
- ✓ Building muscle is the main focus, understand that some body fat will be added as well, which will be addressed through specific conditioning and goals
- ✓ Track your weight daily, but don't get married to the numbers – the greatest indicator will be your performance in your training and in your sport
- ✓ Saturday and Sunday are more than a quarter of your week – keep calories high even when you're not on your 'usual routine'

## Wake-up

Have most foods prepared the night before, set up the rest of your day  
Attack the day and make breakfast happen  
Drink 8 oz. of water immediately

## Meal #1- Breakfast

Sample Meal: 4-6 eggs with cheese and vegetables, 3-4 slices 100% whole wheat toast, 2 fruits with nut butter

Other foods to add: Oatmeal, lean ground beef, leftover chicken/steak, nuts, milk/chocolate milk

## Meal #2- Snack (if needed)

Sample Meal: Protein shake/balls/bars, trail mix/nuts, 1-2 servings of fruit

## Meal #3- Lunch

Sample Meal: Leftovers from the night before, 2 sandwiches with vegetables and meat, yogurt/cheese/milk, add high quality school food

## Meal #4- Snack (if needed)

Sample Meal: Protein shake/balls/bars, trail mix/nuts, 1-2 servings of fruit

## Meal #5- Pre-Workout

Option 1: Protein shake, 2 bananas, 2 granola bars

Dry option 2: Peanut Butter/Peanut Butter Honey sandwich on 100% whole wheat, 2 apples

## Meal #6- Post-Workout

\*Consume shake within 10-30 mins after training, the earlier the better

Option 1: Protein Shake, Peanut Butter/Peanut Butter Honey sandwich

Option 2: 16oz Chocolate Milk, 2 granola bars

\*Consume at least 30oz (1L) of water/Gatorade during and after every workout

## Meal #7- Dinner

Option 1: Whatever is prepared at home – two full plates

Option 2: If you must prepare it for yourself – chicken/steak/lean ground beef/eggs, pasta/rice/potatoes, vegetables, 1 cup of mixed nuts/avocado, water

## Meal #8- Bedtime Snack (if needed)

Option 1: Dinner leftovers again

Option 2: Blender protein drink – protein powder, berries, oats, cashews, milk

Option 3: Cottage cheese/yogurt, berries, almonds/peanuts/walnuts, peanut butter

# Template #2 – Body Composition for Speed and Power – Sample Meal Plan

- ✓ The goal is to improve body composition – less body fat and more lean muscle
- ✓ Keep body fat percentage within 3% or less of current % year-round
- ✓ Building muscle is the main focus and doing so through cleaner eating strategies and food choices
- ✓ Don't get married to the numbers – the greatest indicator will be your performance in your training and in your sport

## Wake-up

Have most foods prepared the night before, set up the rest of your day  
Attack the day and make breakfast happen  
Drink 8 oz. of water immediately

## Meal #1- Breakfast

Sample Meal: 2-6 eggs with cheese and vegetables, 1-2 slices 100% whole wheat toast, 2 fruits with nut butter

## Meal #2- Snack (if needed)

Sample Meal: Protein shake/balls/bars, nuts, fruit

## Meal #3- Lunch

Sample Meal: 2 sandwiches with vegetables and meat, side salad with vegetable variety, yogurt/cheese/milk

## Meal #4- SNACK (if needed)

Option 1: Protein shake, banana, granola bar  
Dry option 2: PBJ/PBH sandwich on 100% whole wheat, apple

## Meal #5- Pre-Workout

\*Consume shake within 10-30mins after training, the earlier the better  
Option 1: Protein Shake, Peanut Butter/Peanut Butter Honey sandwich  
Option 2: 16oz Chocolate Milk, 2 granola bars  
\*Consume at least 30oz (1L) of water/Gatorade during and after every workout

## Meal #6- Dinner

Option 1: Whatever is prepared at home – plate and a half  
Option 2: If you must prepare it for yourself - chicken/steak/lean ground beef/eggs, pasta/rice/potatoes, vegetables, water

# WORKOUT NUTRITION AND PROTEIN SHAKE RECIPES

It is strongly recommended that you consume calories within an hour before and after your training session. NEVER come or leave on an empty stomach. PowerStrength encourages athletes to prepare a protein shake and pack an appropriate snack ahead of time in order to replenish nutrients quickly after the session.

Your pre-workout/post-workout meals apply to training, practice, and games. On a day in which you don't have any of those activities, you may choose to skip the post-workout meal.

You may want to include snacks between any of the listed meals. These should consist of slow carbs, protein, vegetables/fruit, and good fats.

## PRE-WORKOUT MEAL BENEFITS

A pre-workout shake aids in preserving lean muscle, promotes muscle building, improves protein synthesis, and provides energy throughout the workout. Experiment and learn what your stomach can handle, but you NEED something - so you're not training on an empty stomach! Consume these meals about an hour before training. This meal/shake should also include plenty of water.

### Sample Pre-Workout Meal: 15g Protein, 45-60g of Carbs

- 1 medium banana (27g carbs)
- 1 slice whole grain bread (15g carbs)
- 2 tablespoons peanut butter (8g protein, 6g carbs)
- 1 scoop whey protein powder mixed with water (15g protein)

## POST-WORKOUT MEAL BENEFITS

Aids in restoration of depleted energy stores and accelerates the uptake of nutrients into the muscle tissue quicker. Decreases recovery time, decreases post-workout soreness, and increases growth hormone levels. This is the first stage of recovery - if you can't recover you can't grow and get better! Consume fast carbohydrate and protein immediately following your training session.

### Sample Post-Workout Meal

- 6 oz grilled chicken breast (36g protein)
- 1 cup white rice (45g carbs)
- 1 medium sweet potato (26g carbs)
- 1 tablespoon honey drizzled on the sweet potato (17g carbs)

# PROTEIN SHAKE RECIPES

## PowerStrength Monster Mix

- 12-16oz Water/Milk,
- 2 scoops of PowerStrength Monster Mix Formula powder
- shake and enjoy

## PowerStrength Whey Protein Shake

- 12-16oz Water/Milk
- 1-1.5 scoops of PowerStrength Whey Protein powder
- shake and enjoy

## Basic Shake

- 8-12 oz. Water/Milk
- 1-2 Scoops Whey Protein
- 1 Cup Dry Oats
- 1-2tbsp. Extra Virgin Olive Oil
- optional: add frozen berries and/or spinach (you can't taste the frozen spinach), make sure to blend it

## Chocolate Peanut Butter

- 8-12oz. Milk/Chocolate Milk
- 1 scoop Whey Protein
- 1 Cup Dry Oats
- 1-2tbsp. Extra Virgin Olive Oil
- 2 tbsp. Peanut Butter
- optional: add banana and/or honey, make sure to blend it

## Fruit Smoothie

- 8-12oz. Water/Milk
- ice
- 1 Scoop Whey Protein
- 1 Cup Frozen Berries
- 1 Banana
- non-fat or low-fat yogurt
- 1-2tbsp. Extra Virgin Olive Oil
- optional: ½ cup nuts, make sure to blend it