

NUTRITION FOR HIGH SCHOOL AND JUNIOR HIGH ATHLETES

BACK TO SCHOOL EDITION

**HIERARCHY OF
NEEDS FOR
HIGH LEVEL
PERFORMANCE**



BY AUSTIN MAINE

TO MY BEST FRIENDS THAT HAVE BELIEVED IN ME JUST AS MUCH AS I HAVE IN THEM, THANK YOU GUYS FOR SHOWING ME WHAT IS POSSIBLE.

Going back in time to when I was still a high school kid, there is a ton of stuff i would now tell myself. as a young athlete, i was fascinated with training concepts and always looked for new things to do and try. MAP started because of my desires at that age. I was fortunate enough to have one of my best friends willing to trust me with letting me train him while i was helping with crossfit classes at a local facility. He went on to walk on and earn a full ride scholarship. I have been fortunate enough to witness first hand what happens when an athlete with desire is met with the proper help.

I loved training, but always knew food was a big part of the answer. If somebody would have told me that food was more important than training, i would have laughed. only now do i understand that concept. Doing more is great for some athletes, but a lot of times these athletes are doing too much. they need to first fix their nutrition intake in order to earn more training.

Now having the knowledge of what food and adjusting it for each specific athlete can do, i want to give it away in a manner i think could be simple for any and every athlete to be able to do.

This is not the end all be all answer, but it is going to be helpful for any athlete looking for answers. To go all in, i highly recommend an individual gets a nutrition coach. We offer this service and also have 2 other individuals we trust and refer out to when we are too loaded down.

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From Austin,

Nutrition sets up the individual to accomplish all of the goals he/she has. It was one of the hardest things to understand for me growing up. I remember always searching and searching for answers as I thought there had to be a better way than simply eating whatever like all of my friends. I could never eat like them as I would just get fatter or at least that's the way I perceived it in my head. I had struggled with food since 4th grade. I thought I was supposed to be ripped and have abs because I played sports. I was embarrassed that I wasn't and thought something was wrong with me because I didn't have abs like my friends did. I remember doing extra ab workouts in junior high because I wanted to look like the Tim Tebows of the sport world which still didn't accomplish the job. I would ask sport coaches for help still not finding the answers I was looking for. It was like nobody knew how to eat around me. Some were lucky enough to have the genetics to stay lean while people like me were just stuck being skinny fat. I was still chasing "the look" after graduating highschool, so I started Crossfit. Surely, that would finally be the answer, or so I thought. That was my first taste of what it felt like to finally start to see results. I was following the zone diet and religiously following Crossfit workouts. I got leaner and finally had some abs for the first time. It still wasn't what I was looking for, but it was a start. The next stop was working out like a bodybuilder through a program from PowerAthlete called Jacked Street. I combined that with a nutrition plan from them and made steady gains, but I still wasn't where I wanted to be yet. I had pretty much given up on "the look" after that and just started focusing on being stronger. Being stronger was an excuse to be fat for me. I loved it, until one day I hated the guy looking back at me in the mirror.

A close friend, Alfonso Lopez challenged me telling me that I would just never get my food in check. So, I hired him to help me. It was the best decision I ever made. The better I felt about myself and how I looked, the more confidence spilled over into the rest of my life. Yes it helped me look better and feel better, but even more importantly, it gave me a chance to train harder and get more from my training sessions. Here we are years and years later, still competing in sport myself but now as a powerlifter. I wouldn't change a thing in the process of what it took for me to start to understand nutrition and I am more than grateful for the people who have helped me along the way, especially my mom when she was cooking omelets for me before 6am weights in highschool. I wouldn't be where I am today without her or any of my friends or family that have always forced me to keep going. I can't wait for you to get to experience what I have also. Never stop looking for the answers. You will always find them eventually.

-Austin

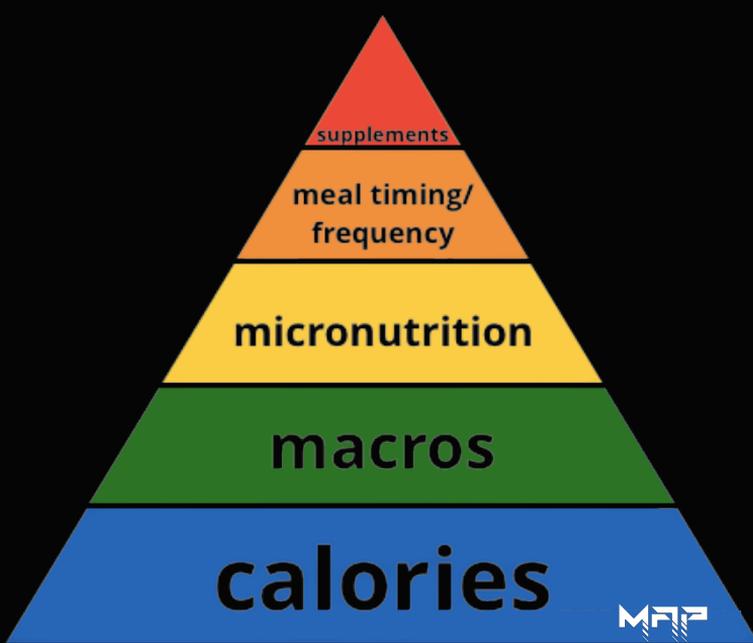


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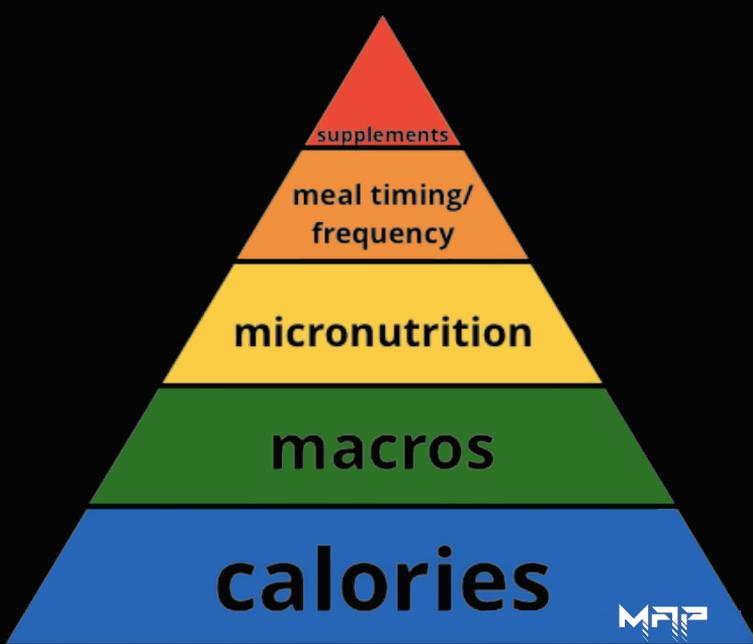


THE PYRAMID OF NUTRITION PRIORITIES

In the past, we have recommended a diet that also featured double stuffed oreos and peanut butter for those trying to gain weight simply due to the fact that calories are the most important part of the pyramid. Is the best way? No. But, when struggling to get compliance, it is a great option.

Macros are what we will break down under the "what to eat" section. There are carbs, protein, and fat. Each macro has a role in the performance of an athlete on the field. The balance and manipulation of them are the key for lean muscle gains and or retaining as much muscle as possible while losing weight.

Micronutrients are the vitamins and minerals in our food. We know that unprocessed food is healthier for use than processed foods due to the micronutrient profiles. 30g of carbs from rice is not the same as 30g of carbs from poptarts.



THE PYRAMID OF NUTRITION PRIORITIES

The timing of nutrients also plays a role, although it isn't as important as calories, macros, or micros. A good rule of thumb is to have more carbs around your workouts and practices and less carbs the rest of the day. Protein is steady throughout the day and fats are usually best kept higher away from workouts/practices and lower during those times.

Lastly, the one that everyone always thinks is the answer but really is the smallest part of the equation, supplements. Yes we know they can help, but there is no point in using them until we have the other building blocks set. Although, if an athlete is struggling to get enough protein in (1-1.4g per lb of bodyweight) or not having enough time to eat a full meal a whey protein supplement is a great option. Make sure to include carbs and fats with a protein shake if using it to replace a meal on a busy day.

JUST TELL ME WHAT TO EAT ALREADY

Grocery List

-Protein Sources

96/4 Beef

93/7 Beef

Beef Filets

Beef Sirloins

Lean Bison

Whey Protein

Eggs

Egg Whites

Bacon

Turkey Bacon

Chicken Breast (on occasion)

2% Milk

Fat Free Fairlife Milk

-Carb Sources

Jasmine Rice

Potatoes

Gluten Free Oatmeal

Gluten Free Waffles

Rice Cakes

Orange Juice

Cranberry Juice

Apples

Berries

Bananas

Oranges



JUST TELL ME WHAT TO EAT ALREADY

Grocery List

-Fat Sources

Peanut Butter

Nuts

Eggs

Bacon

-Extras

Fat Free Greek Yogurt

Spinach

Carrots

Bell Peppers

Squash

Zucchini

Sugar Free Syrup

Protein Bars (just for when in a bind) preferably One Bars



HOW MUCH SHOULD I EAT?

Meals

When it comes to eating, we are going to keep it very simple. I want you guys to pick 1-2 protein sources and have as much of it as you want 5-6 times a day. When it comes to picking carbs, have 1-2 carb sources at each meal and eat until you feel satisfied. On fats, have some here and there, as in, 3 or 4 of your meals each day.

Sample Meals

Meal 1: Eggs, bacon, spinach or peppers, oatmeal, milk

Meal 2: Potatoes, lean beef, orange, carrots

Meal 3: Potatoes, lean beef, rice cakes, peanut butter

Meal 4: Rice, lean beef, carrots

Meal 5: Gluten free waffles, bacon, eggs, peanut butter, sugar free syrup



WHEN TO EAT DURING THE SCHOOL YEAR?

School creates a structured schedule which is an amazing thing for us. This provides an easy opportunity to schedule your meals.

If I was back in school, this is how I would set up my meals.

Meal 1: Around 7:30am Breakfast before school (get up early enough to cook and eat)

Meal 2: Around 9:30am Made enough food at home to eat again at 2nd breakfast at school

Meal 3: Around 1pm Lunch that I prepared the day before for meal prep

Meal 4: Around 2:30pm Protein shake and banana and peanut butter before practice or if I notice I am still too hungry at practice, use a meal similar to meal 3, but just a little less food.

Meal 5: Around 5:30pm Dinner at home after practice or a protein bar/shake and orange/banana and peanut butter before weights

Meal 6: Around 8:30pm Bedtime snack, leftovers from dinner or my big dinner if I worked out earlier that day and had a protein bar and orange for meal 5.

