

Gold Medal Nutritional Planning & Preparation



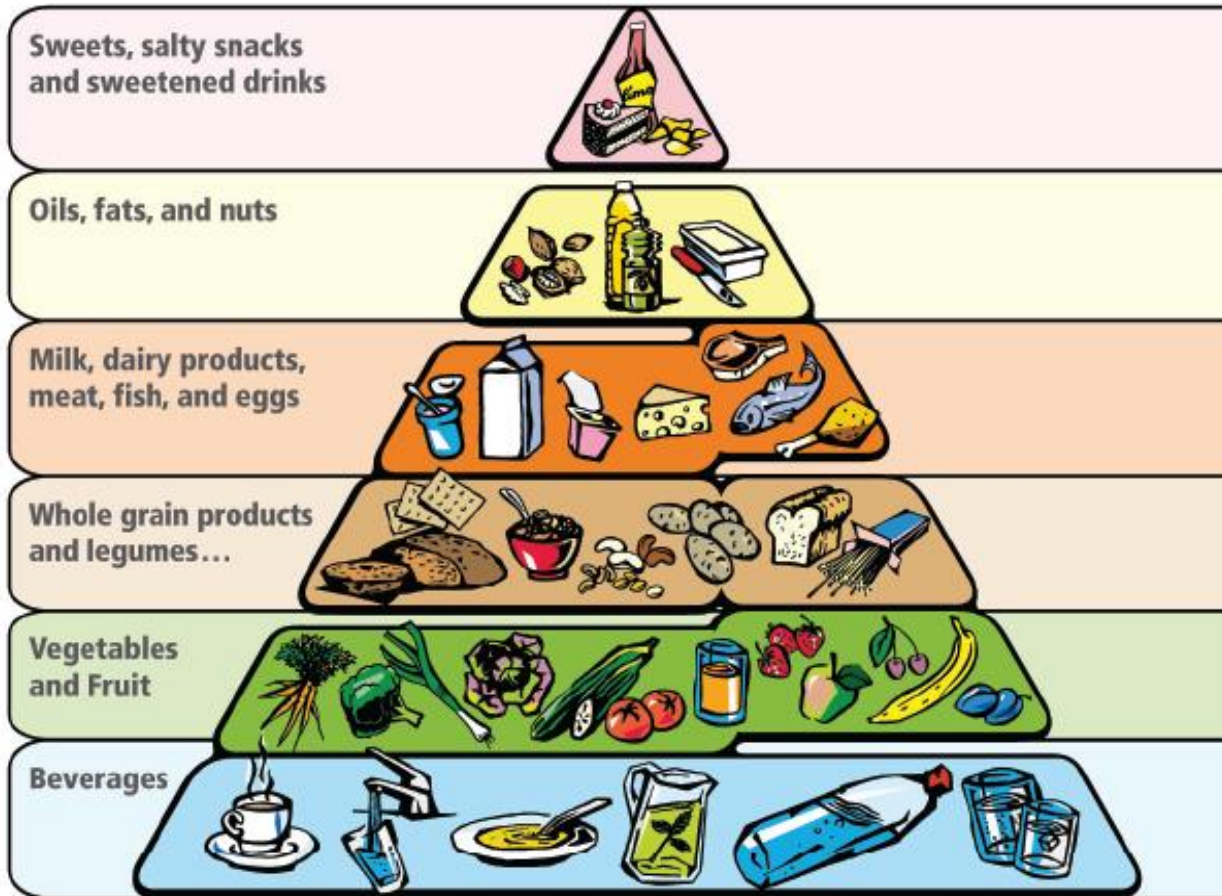
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BS Performance Nutritionist

Objectives

- Improve your nutritional preparation & planning.
- Enable you to always follow optimal nutritional practices to support training and maximise performance.
- Save you money!!!!

Food Pyramid



Generic RDI

- 1-2 treats per week
- 1 serving of each per day
- 3 servings of dairy / 2-3 servings meat etc
- Red meats 3 x per week / Oily fish 3 x per week
- 6 servings per day
- 5 servings per day minimum
- 3-4 L as a guide

NOTE - Individual needs differ so for specific recommendations arrange a consultation with the performance nutritionist

Considerations for Daily Eating

Constraints

- Training
- Physio / S&C
- Work / College / Uni etc



PLAN FOR YOUR DAY!

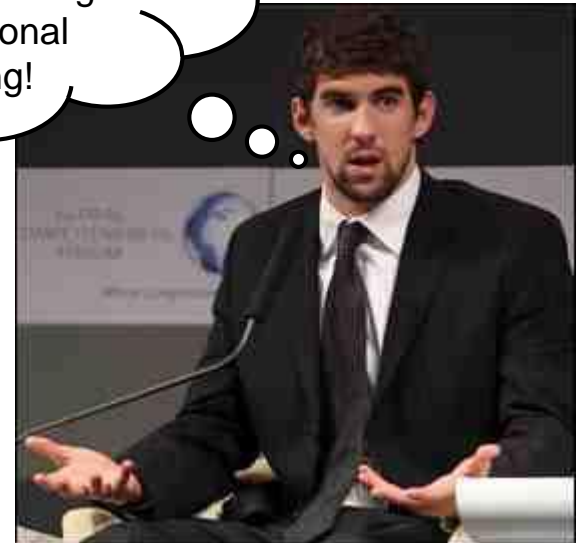
Vital Feedings

- Main meals
- Recovery Feedings
- Snacks
- Fluids
- Sports Foods / Supplements



- **Design a 1day eating plan for your most hectic schedule.**
- **Consider;**
 - Timings for training
 - Energy needs
 - Fluid needs
 - Food pyramid components
 - Your constraints

I know, I should have been doing my nutritional planning!



Daily Plan

Pre-training snack	
Training fluids & fuels	
Recovery feeding	
Breakfast	
Lunch	
Pre-training snack	
Training fluids & fuels	
Recovery feeding	
Dinner	
Supper	

Daily Preparation Tips

- **Prep meals before training for after**
 - 15-20 mins max
- **Evening before**
 - Pack-ups
 - Pack bag (food, drink, sports foods)
 - 30 minutes max!
- **Cooking double = quick nutritious meals;**
 - Package & freeze



Weekly Plan

	MON	TUES	WED	THU	FRI	SAT	SUN
Pre-training snack			?				X
Training fluids & fuels			?				X
Recovery feeding			?				X
Breakfast							
Lunch							
Pre-training snack			?			?	?
Training fluids & fuels			?			X	X
Recovery feeding			?			X	X
Dinner							
Supper						X	?

NOTE – The weekly plan will then form your shopping list!



Shopping Lists

- **Setting out your list**

- Fruit & vegetables (fresh / frozen)
- Protein (meats/dairy/poultry/fish)
- Carbohydrates
(bread/rice/noodles/pasta/potatoes/couscous)
- Fats (high polyunsaturated spreads & oils)
- Fluids (milk/cordials/fruit juices/smoothies)

- **Include some treats**

- 2 per week (weds & sat?)
- Prevents binging!
- 250 Kcal max!!!!!!

The District Council of Mount Barker	
<i>What we have available</i>	
Rates	\$67
Fees Charges & Other Revenue	\$5
Grants	\$4
Borrowings	\$18
Total	\$100
<i>What it costs</i>	
Community Services	\$3
Public Health & Safety	\$4
Council Halls	\$1
Parks Gardens & Reserves	\$2
Sporting Facilities	\$3
Community Waste Management Schemes	\$18
Storm Water Drainage	\$2
Governance	\$4
Administration	\$3
Interest	\$1
Library	\$2
Planning & Development	\$2
Projects	\$5
Separate Rates & Blind Purchases	\$4
Roads, Footpaths & Traffic Management	\$23
Commercial	\$6
Waste Management	\$6
Total	\$100

Reminders

- **Everybody forgets!**
 - Post-its on the fridge
 - Phone reminders
 - Forward thinking in advance;
 - Food items (shopping) per week
 - Sports foods (supplements) 2 weeks



We forgot about our drugs tests because we were doing our shopping! That's more important obviously!

Tips for Shopping

- Stick to the list
- Check the fridge & cupboards
- Don't shop on an empty stomach
- Don't fall for special offers (unless item is on the list)
- Read labels. You are what you eat!
- Identify appropriate / inappropriate
- LIST, LIST, LIST



Basic Essentials

- **Cupboards**
 - Pasta, rice, couscous
 - Tinned vegetables (tomato, beans, peas, sweetcorn)
 - Beans (baked, runner, butter etc)
 - Herbs & spices
- **Freezer**
 - Mince, prawns, chicken breast
 - Frozen mixed vegetables

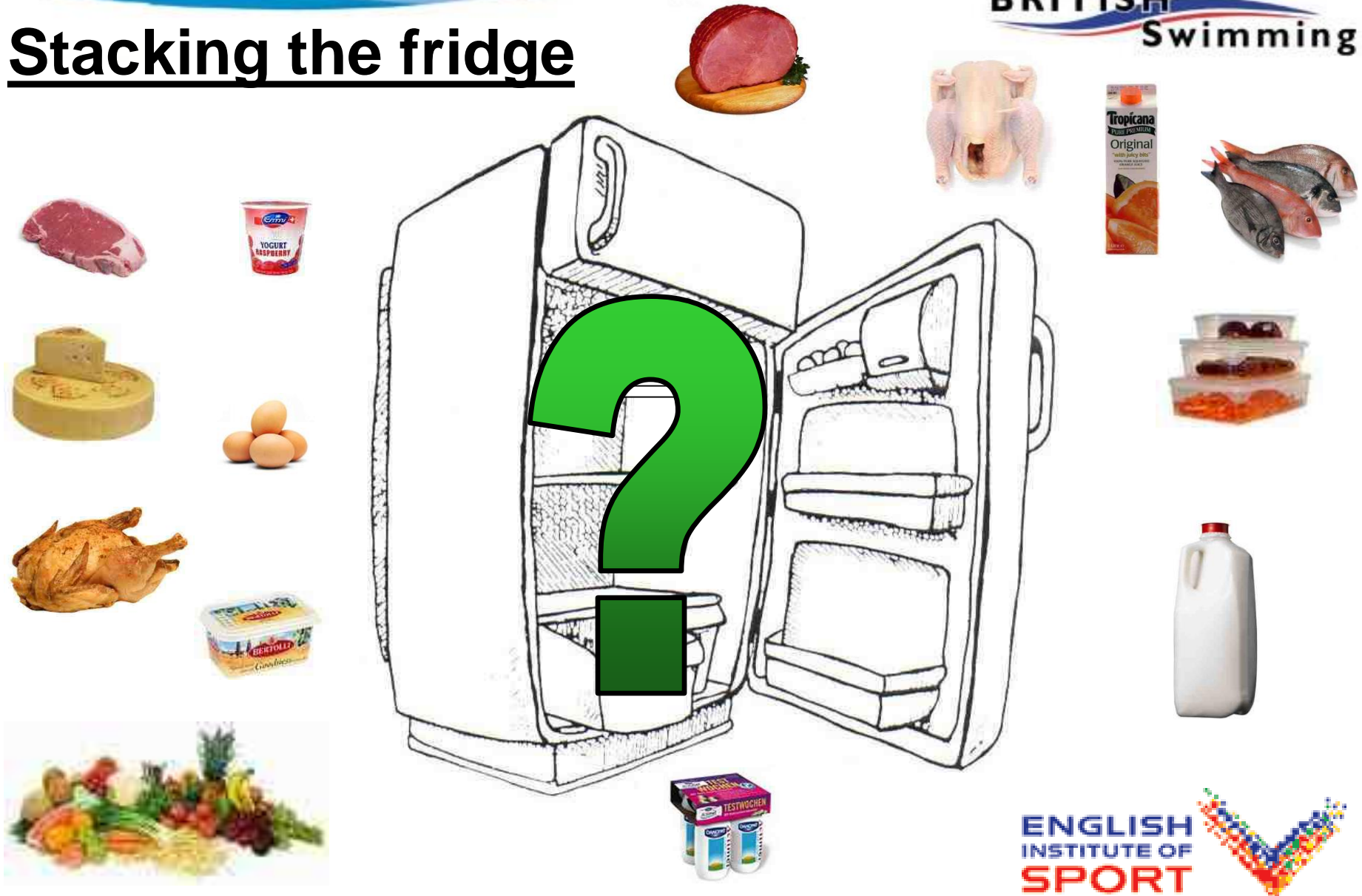


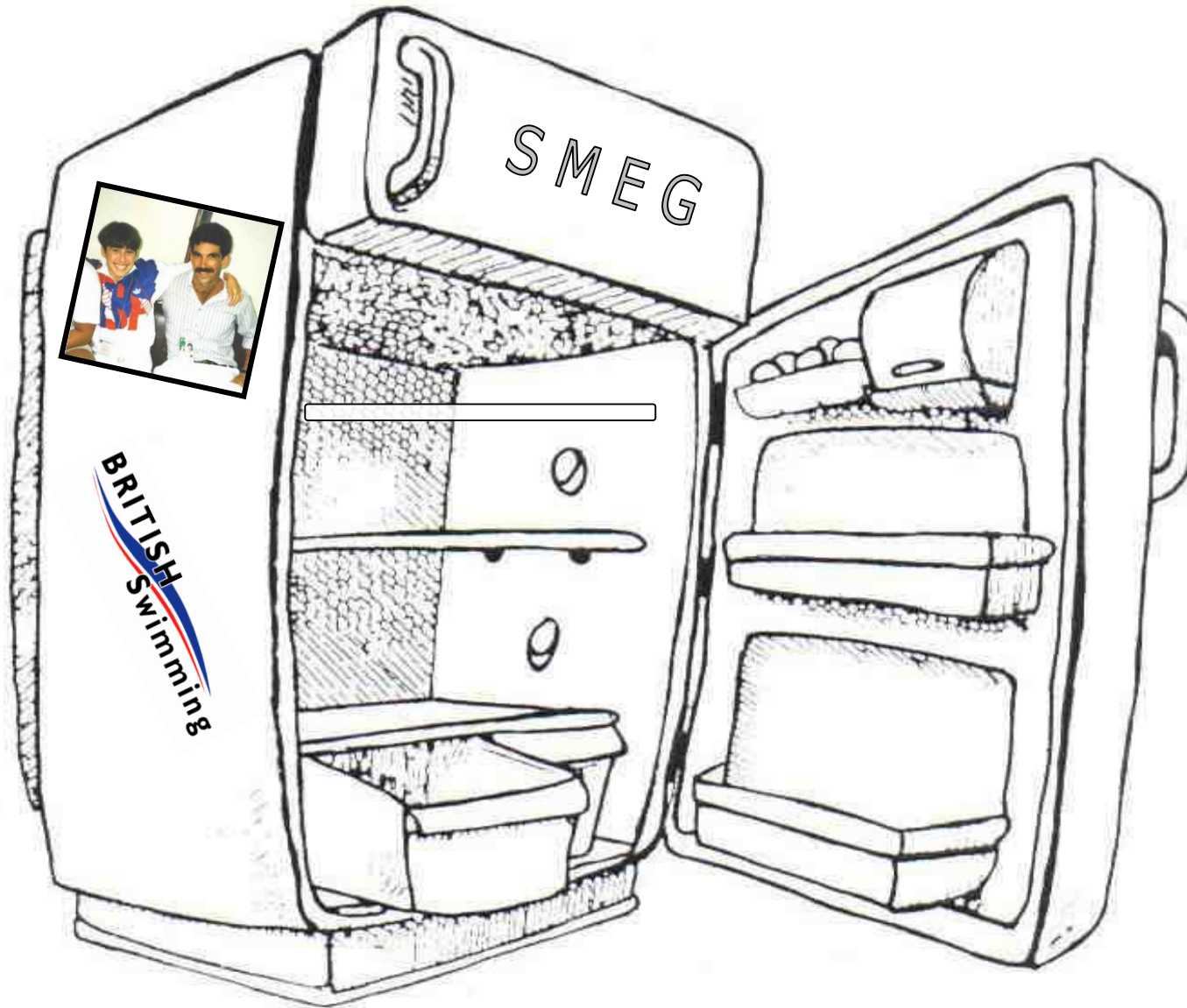
Freezing guidelines

- Freeze on day of purchase
- Cooked food either;
 - Air-tight package 20 minutes after cooked then:
 - Label (type & date)
 - Freeze and eat within 2 weeks
 - Refrigerate and eat with 2 days



Stacking the fridge





Stack your Fridge!

- Eggs
- Cooked ham
- Orange Juice
- Milk
- Fresh fruit & veg
- Cooked chicken
- Fresh fish
- Cheese
- Left-overs
- Fresh steak (mmmh!)
- Low-fat yogurt
- Fresh chicken
- Spread
- Probiotics





The Fridge Hierarchy

- ✓ Dairy
↑
- ✓ Cooked meats /
cooked foods
↑
- ✓ Uncooked meats
↑
- ✓ Fruit & vegetables
in trays or above
uncooked meats

- ✓ Milk / juices / eggs
in door shelves

Hygiene and the Fridge

- **1** - Clean with disinfectant on a weekly basis and clean up spills as they occur
- **2** - Keep cooked and raw foods, especially meat and eggs, separately. Raw foods should be kept at the bottom of the fridge in an airtight container or covered
- **3** - Make sure that the fridge is operating between 3 and 5 degrees centigrade
- **4** - Don't overfill your fridge – ensure there's enough room in between products for air to circulate properly
- **5** - Choose a model with easy to clean features: e.g. safety glass shelves that stop spills from dripping onto lower shelves; removable shelves and door compartments that facilitate easy cleaning.



Tips for Home Sharing

- Group planning?
- Individual → group → shopping list?
- Individual priorities vs. group priorities
 - Make the right decision for yourself

Thanks for your attention!

Questions?

For more information:

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