

# Off Season Nutrition

## RECHARGE

1

### Assess Goals

Review body composition goals and how your nutrition can impact you reaching those goals. Set 1 nutrition goal during your time away and master it (more water intake, 1 vegetable at all dinners, packing healthy snacks, etc.)

3

### Be Adventurous

Get out of your comfort zone and try new foods! Pick something different at a restaurant, buy an unfamiliar fruit or vegetable at the grocery store or fuel up with a new item before a training session. It's a great time to experiment!

5

### Intake vs. Expenditure

Evaluate your expenditure. You may need to adjust your performance plate and intake to your match your output--depending on goals, keep 3 meals and 2-3 snacks/day, but reduce portions if not training as hard or frequently as normal.

### Refine Habits

2

Build off of already developed healthy habits: eat 3 meals and 2-3 snacks/day, eat breakfast within 30 minutes of waking, recovery drink or food within 20 minutes post training, sip on fluids throughout the day and aim for 8 hours sleep nightly.

4

### Get Cookin'

Get out and grill lean meats and vegetables, devote 1-2 nights to make dinner for yourself or help out in the kitchen weekly.

6

### Moderation vs. Neglect

Enjoy your favorite foods with family and friends without going overboard or completely neglecting your healthy habits. This will allow you to have fun in moderation but maintain your elite body composition. Apply the 80/20 rule: eat balanced and purposefully 80% of the time and include your fun foods the other 20%.

FUEL  
THE  
FIGHT



#### Carbs & Protein

Ensure you're getting enough of both to avoid the loss and use of muscle for energy



#### Snacks & Variety

Include 2-3 snacks/day, focusing on variety & protein

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## Performance Plates

1

### Non Training Days/Weight Loss Plate



2

### Training Days/Maintenance Plate



Remember: Just because a friend is taking something or a private trainer recommends it, supplements must be approved by sports nutrition to ensure safety and NCAA compliance

# Performance Foods

Fit the following foods into your performance plate:

## Grains/Complex Carbs

Brown Rice  
Quinoa  
Potatoes/Sweet  
Potatoes  
Whole Wheat Pasta  
Whole Grain Bread  
Beans  
Corn

## Healthy Fats

Avocado  
Nuts  
Chia Seeds  
Olive Oil  
Oily Fish (Salmon)  
Coconut

## Color

Zucchini  
Squash  
Broccoli  
Carrots  
Cauliflower  
Asparagus  
Watermelon  
Apple  
Mango  
Pineapple  
Grapes  
Banana

## Lean Protein

Skinless Chicken  
Turkey  
Bison  
Lean Cuts of Beef  
90/10 Ground Beef  
Fish  
Eggs  
Beans/Lentils  
Tofu  
Low-Fat Dairy  
Nuts  
Pork Loin



**NOTRE DAME**  
SPORTS NUTRITION

