



Pride Soccer Club Nutrition Guide & Recipes



The reason for this guide is to offer nutrition guides to our youth soccer community. All the recipes in this guide, provide good sources of carbohydrates, healthy fats, and proteins. It is imperative that all soccer players are drinking lots and lots of water to stay properly hydrated. Sports drinks (Gatorade /Powerade) can only be useful if the player is participating in high intense exercise; otherwise it's just sugar water.

With the recipes attached, it's important (if possible) to get organic non GMO foods, organic grass-fed red meats, wild caught seafood, and organic fruits and vegetables. Try to avoid processed foods and foods that contain pesticides.

This is NOT a diet plan, but rather options for tasty quick prep meals that can give energy to soccer players.



Michi's Ladder

Michi's ladder is 5 tiers of food to a good and healthy diet and eating habits. Eating strictly in tiers 1 and 2, you will have a near perfect diet.

C Carb

F Fat

P Protein

Tier 1: The Pious Tier

These foods should make up the bulk of your diet. You'd be hard-pressed to overeat these foods. They're also great choices to add if you're not feeling full on your regular eating plan.

Anchovies, fresh PF	*Lemon C
Apples, with skin C	Lettuce (not iceberg) C
Apricots C	Lime C
Artichokes (no sauce) PC	Melon C
Arugula C	Mexican hot sauce (such as Tabasco)
Asparagus C	Mushrooms C
*Beets C	Mustard C
Berries, misc. C	Nectarines C
*Blueberries C	Onions C
Bok choy C	Oranges C
Boysenberries C	Peaches C
*Broccoli C	Pears, with skin C
Broths, veggie, chicken, etc. low-sodium FC	Peppers C
Brussels sprouts C	Pineapples C
*Cabbage C	Plums C
Carrots C	Pomegranates C
Cauliflower C	Radishes C
Celery C	Raspberries C
Chard C	*Salmon, wild-caught, Alaska PF
Cherries C	Salsa, natural, no sugar or oil C
Citrus, misc. C	*Sardines, fresh or in spring water PF
Collard greens C	Seaweed C
Cucumbers C	Snap peas PC
Egg whites P	Spices
Endive C	*Spinach PC
Eggplant C	Squash C
*Garlic C	Strawberries C
Ginger C	String beans PC
*Grapefruit C	*Tea, green or black, no sugar
Grapes C	Tomatoes C
Herbs	*Vinegar
*Kale C	*Water, flat or sparkling
Kiwifruit C	Yams C

Yogurt, nonfat or low-fat, plain PC

Zucchini C

Tier 2: The Happy Tier

More essential, nutritious foods to fill your plate. Plenty of super foods here, too, but exercise a little restraint. They can be more caloric and/or less beneficial than items in the Pious Tier, so it's possible to overindulge.

Amaranth PC
Apples, skinless C
Applesauce, no sugar added C
*Avocados F
Bananas C
Barley C
Beans PCF
Buffalo (bison) P
*Chai seeds PC
Chicken breast, boneless, skinless P
Chickpeas PC
Coconut meat F
Coconut water, plain C
Coffee, black
Corn on the cob C
Cottage cheese, low-fat PF
Cream cheese, nonfat or low-fat P
Dates C
Eggs, whole PF
Figs C
Fish (other than fresh anchovies, wild-caught Alaskan salmon, or
water-packed sardines) PF
*Flaxseed F
Fruit, dried C
Granola, raw, no sugar PFC
*Hempseed F
Hummus PFC
Juice, fresh-squeezed w/ pulp, no sugar C
Lentils PFC
Mangoes C
Milk, nonfat, low-fat PC
Muesli, raw, no sugar PFC
Nut butters, raw PF
*Nuts, raw PF
Oatmeal, old-fashioned, or steel-cut, unflavored, no sugar PC
*Olive oil F
Olives F
Papayas C
Peas PC
Plantains(not fried) C
Popcorn, plain air-popped FC
Potatoes, baked or boiled C
Prunes C
*Quinoa PC
Raisins C
Refried beans, nonfat PC
Rice, black or brown C
*Seeds, raw PF
Seitan PFC
Shellfish, including shrimp P
Spelt PC
Squid PF
Sushi, nigiri and sashimi (no rolls) PFC
Sweet potatoes C
Tahini PF
Tempeh PFC
Tofu PFC
Tomato sauce, no sugar C
Tuna, albacore PF
Turkey breast, boneless, skinless P
Venison P
Yams C

Tier 3: The Swiss Tier

Consider these foods neutrally beneficial. They can serve a purpose in a healthy diet, but they don't need to be staples. Don't eat too much of them, because more from tier 3 means less from tiers 1 and 2.

Almond milk PFC	Maple syrup, pure C
Bagels, whole-grain C	Mayonnaise, organic F
Beef, ground, extra-lean, 95% lean PF	Molasses C
Beef, tenderloin, 90 to 93% lean PF	Pancakes, buckwheat C
Beer C	Pasta, whole-grain C
Bread, whole-grain FC	Pickles C
Butter F	Pork tenderloin PF
Canadian bacon (nitrate-free) PF	Rice cakes C
Cereal, whole-grain (low sugar) PFC	Rice milk C
Cheese (low-fat and full fat) PF	Rice, white C
Crackers (whole-grain) FC	Sauerkraut C
Chicken and turkey, ground, 95% lean PF	Sausage, nitrate-free, low-sodium PF
Chicken and turkey, dark meat, skinless PF	Soy milk PFC
Chocolate, dark FC	Soy nuts PFC
Coconut milk, canned F	Soy sauce
Coffeehouse drinks (latte or cappuccino, no syrups)	Stevia
Couscous PFC	Sugar alcohols (anything ending in -tol) C
Crackers, whole-grain FC	Sunflower oil F
Flour, whole-grain (wheat, buckwheat, rice, etc.) C	Sushi, rolls (nothing fried) PFC
Flour, "alternative" (coconut, almond, quinoa, etc.) PFC	Tortillas, whole wheat or corn FC
Ham (nitrate-free) P	Tuna, canned PF
Honey C	Turkey bacon (nitrate-free) PF
Jerky, turkey (nitrate-free) P	Veal PF
Ketchup C	Veggie patty PFC
Lettuce, iceberg C	Wine (red) C
Louisiana-style hot sauce	Wine (white) C
Lunch meat, lean, low-sodium (nitrate-free) P	

Tier 4: The Dodgy Tier

Not much good about these foods, but in moderation, they shouldn't be deal-breakers. You may notice how many American staples populate this tier. Maybe that's part of the reason the U.S. has become such a chubby nation.

Applesauce (sugar added)
Bacon
Bagels, refined-flour
Beef, ground, less than 80% lean
Bread, refined flour
Broths, full-sodium
Canadian bacon
Duck, boneless, skinless
Fowl, with skin
Frozen fruit bar
Fruit, dried, sugar added
Ham
Jam or marmalade, no sugar added
Jerky (beef, pork, or venison)
Lamb

Lasagna
Macaroni and cheese
Meat loaf
Nut butters, processed, roasted, or with additives
Nuts, salted or roasted
Oatmeal, flavored and/or instant
Pancakes
Pasta, refined-flour
Pizza (from restaurant)
Pretzels
Sauce, processed (steak, etc.)
Sausage
Sports drinks (Tier 2, if playing sports)
Tortillas, refined-flour
Yogurt, frozen

Tier 5: The Newburg Tier

Named in honor of the heart attack-inducing lobster dish, this tier is filled with foods that can make your health—not to mention your diet—take a turn for the worse. Avoid these foods as best you can.

Alcohol, hard liquor	Popcorn, w/ salt and butter
Artificial sweeteners (sucralose, aspartame, saccharine, etc.)	Refried beans, w/ lard
Baked beans, refined-flour	Salad dressing, bottled or commercial
"Breaded" foods	Sherbert
Candy	Soft drinks, diet (read the studies)
Cake	Soybean oil
Canola oil	Sugar, refined
Cereal, processed, with sugar	Sweet-and-sour-sauce
Chicken, buffalo wings, nuggets, breaded tenders	Syrup, refined
Chips	Tater tots
Chocolate, milk or white	
Coffee-house drinks (even the "skinny" ones)	
Cookies	
Crackers, refined-flour	
Creamed veggies	
Creamer (non-dairy)	
Croutons	
Doughnuts	
Energy drinks	
Fish (fried)	
Flour, refined	
French fries	
Fried anything	
Graham crackers	
Gravy	
Hamburger (fast-food)	
High fructose corn syrup	
Hot dogs	
Hydrogenated fats (and foods that contain them, like processed baked goods)	
Ice cream (even sugar-free and fat-free)	
Jell-O	
Jellies and jams with added sugar	
Juice, from concentrate and/or with sugar added	
Lobster Newburg	
Lunch meat, processed (bologna, salami, etc.)	
Margarine	
Meat or poultry any below 85% lean	
Milk (cream of half-and-half)	
Muffins	
Nachos	
Onion rings, fried, breaded	
Pastries	
Pies	



Game & Tournament Nutrition

Soccer players cover an average of 5 to 7 miles during a match. All this sprinting, jogging and changing direction require a lot of energy. As energy levels deplete, the risk of making a bad play increases—30 percent of all goals are scored in the last 15 minutes of matches. It's critical that soccer players make their game-day nutrition a priority, so they'll have the energy to perform their best throughout the entire match.

The nutritional needs of soccer players tend to be higher than most athletes due to the constant motion and requirements of the game. Adequate consumption of all macronutrients—carbs, protein and fat—will help you maintain your performance. It's recommended that over the course of a game day, a soccer player's caloric intake should come from 55-65 percent carbohydrates, 12-15 percent protein and less than 30 percent fat. However, a recent study found that even professional soccer players often fail to hit these marks.

Pre-Game Soccer Nutrition

Soccer players spend a lot of time running up and down the field, and losing fuel in their legs contributes to "hitting the wall" during a game. Fueling properly before a game has multiple benefits:

- Prevents hypoglycemia and symptoms of light-headedness, fatigue, blurred vision and inability to make good sport-specific decisions.
- Helps settle the stomach, absorbs gastric juices and prevents you from becoming sluggish before and during exercise.
- Provides fuel for muscles and liver to obtain stored glycogen, which is used as fuel for the brain.
- Brings peace of mind knowing you have enough fuel to get through the event.

Good pre-game nutrition should occur early and often. An ideal meal is carbohydrate rich, low-glycemic for a sustained release of energy into the bloodstream, palatable and well tolerated. A pre-game meal routine might look like this:

- Eat breakfast within the first hour after waking.
- Have a high-carbohydrate, moderate-protein and low-fat and fiber meal 3 to 4 hours before the game.
- Eat a snack about an hour before the opening whistle.

Morning Meal

- 1 cup orange juice

- ¾ cup oat cereal
- Medium banana
- Wheat toast with jelly
- 1 cup low-fat yogurt

Evening Meal (if your game is at night)

- Large baked potato
- 1 tsp. trans fat-free margarine or olive oil
- 3 oz. lean turkey, chicken, fish or beef prepared with little oil
- Carrot sticks
- Fresh fruit or ½ cup fruit salad
- 1 cup low-fat milk

Snack Options (60 minutes beforehand)

- Whole grain pretzels
- Whole grain dry cereal
- Whole grain crackers
- Granola bar
- Whole grain toast
- Whole grain bagel
- Sports drink

Here's a general schedule you can follow for various game times to ensure you're fueling properly.

Early Morning Game

Eat a carbohydrate-rich dinner the night before and drink extra water throughout the previous day. Eat dry cereal, a bagel with peanut butter or oatmeal before bed. Eat your breakfast/pre-game meal between 6 and 6:30 a.m.

Mid-Morning Game

Eat a carbohydrate-rich dinner the night before and drink extra water throughout the previous day. Eat your breakfast/pre-game meal at 7 a.m.

Early Afternoon Game

Eat a carbohydrate-rich dinner the night before and drink extra water throughout the previous day. Eat a large high-carbohydrate breakfast with a hearty brunch or light lunch by 10 a.m.

Evening Game

Eat a high-carbohydrate breakfast and lunch with extra fluids. Eat dinner by 5 p.m. or a light meal between 6 and 7 p.m.

Tournament with Multiple Games

Two days before: If possible, cut back on exercise to replenish glycogen stores.

Day before: Eat a high-carbohydrate breakfast, lunch and dinner with extra fluids.

Day of: Eat a familiar high-carbohydrate breakfast. This is not a time to try new foods.

During: Consume carbohydrates every 60-90 minutes to maintain normal energy levels. High fat foods such as nuts provide sustained energy.

Post-Game Meal

This is the best time to replenish your depleted energy stores and recover from intense exercise. Consume carbohydrates and protein within 30-45 minutes after a game. This is when your body is primed to easily put these nutrients to use for recovery:

- Protein provides fuel, rebuilds muscle tissue and reduces post-activity cortisol levels, which can break down muscle.
- Carbohydrate improves glycogen (i.e., stored energy) replacement and synthesis.
- Amino acids from protein help reduce Delayed Onset Muscle Soreness.

In general, it's best to consume 10-20 grams of protein after a game. If you're more active or seem to have trouble putting on muscle, opt for 20 grams.

Carbohydrate intake is more closely linked to your activity:

Moderate activity: 1 gram of carbohydrate per kilogram of body weight every hour, taken at 30-minute intervals for 4-5 hours or until you consume a full meal

Intense activity (lasting more than 90 minutes): 1.5 grams of carbohydrate per kilogram of body weight immediately after exercise, and an additional 1.5 grams of carbohydrate per kilogram two hours later.

Your post-game meal doesn't depend on the timing of your game. Whether it's in the morning, afternoon or night, refuel the exact same way.

Cold cereal with hot fruit

1 Cup Life cereal (or Total or Kashi)

½ cup All Bran

¼ cup low-fat granola

½ cup blueberries or other fruit

1 cup low-fat/skim milk

1. In a microwave bowl, combine the cereals
2. Sprinkle with blueberries or other fruit of your choice.
3. Heat in the microwave for 20-40 seconds, until the blueberries are warm.
4. Pour the cold milk over the top. Dig in!

Yield: 1 serving

Nutrition Information: 500 calories, 85 grams carbs, 20 grams protein, 7 grams fat

Oatmeal pancakes

½ cup uncooked oats (quick or old fashioned)

½ cup plain yogurt, buttermilk, or milk mixed with ½ teaspoon vinegar

½ to ¾ cup milk

1 egg or 2 egg whites, beaten

1 tablespoon canola oil

2 tablespoons packed brown sugar

½ teaspoon salt

1 teaspoon baking powder

1 cup flour, preferably half whole-wheat and half white

Optional: dash cinnamon

1. In a medium bowl, combine the oats, yogurt, and milk. Set aside for 15-20 minutes to let the oatmeal soften.
2. When the oatmeal is through soaking, beat the egg and oil and mix well. Add the sugar, salt and cinnamon, then the baking powder and flour. Stir until just moistened.
3. Heat a lightly oiled or nonstick griddle over medium-high heat (375F for electric frying pan).
4. For each pancake, pour about ¼ cup batter onto the griddle.
5. Turn when the tops are covered with bubbles and the edges look cooked. Turn only once.
6. Serve with syrup, honey, applesauce, yogurt, or other toppings of your choice (choose wisely!)

Yield: 6 6 inch pancakes

Nutrition Information: 330 calories per serving (2 pancakes), 57 grams carbs, 10 grams protein, 7 grams fat

Sweet Potato Hash with Crispy Turkey Bacon

½ lb. diced sweet potato

1 Tbsp. minced garlic

¼ cup diced onion

¼ cup diced green pepper

½ cups sliced scallions

1tsp. extra virgin olive oil

4 slices lean turkey bacon cooked

1. In a nonstick skillet, sauté sweet potato in olive oil until tender and slightly browned
2. Add garlic, onion, and pepper and cook until veggies are tender
3. Remove from heat and top with scallions.
4. Cook turkey bacon in skillet or pan using olive oil or olive oil cooking spray

Nutrition Information: 466 calories, 67 grams carbs, 14 grams protein, 16 grams fat

Tomatillo & Avocado Scramble

1 large egg

6 large egg whites (3/4 cup)

Ground black pepper (to taste)

½ tsp. extra virgin olive oil

3 Tbsp. tomatillo salsa

¼ medium avocado, sliced

1. Combine egg & egg whites in a medium bowl. Season with pepper; whisk to blend
2. Heat oil in medium skillet over medium-low heat
3. Add egg mixture; cook, stirring occasionally, for 3-4 minutes, or until eggs are set
4. Top eggs with avocado and salsa

Nutrition information: 298 Calories, 16 grams of fat, 9 grams carbs, 29 grams protein

Grilled Chicken Pita Pizza

¼ cup mozzarella cheese

Pinch of dried oregano

Dash of garlic powder

Pinch of dried basil

1 tsp. olive oil

1 6 inch whole wheat pita, toasted

1 clove minced garlic

1 plum tomato, thinly sliced

2 oz. diced grilled chicken breast

1. Preheat oven to 400 degrees
2. Mix garlic powder, oregano, basil, and olive oil; spread on toasted pita bread and top with minced garlic, tomato, mozzarella cheese, and chicken
3. Place on a cookie sheet and bake for 5-6 minutes or until warm.

Nutrition Information: 383 calories, 30 g protein, 45 g carbs, 10 g fat

Beef Burger & Sweet Potato Fries

4oz. Organic grass-fed ground beef

1 Tbsp. Worcestershire sauce

Salt & Pepper (to taste)

1 tsp. minced garlic

1 thin whole wheat bun

1 tsp. yellow mustard

1tsp. organic ketchup

1 chopped organic sweet potato

1 Tbsp. olive oil

1 tsp. Lowreys seasoning salt

1. Pre-heat grill to medium-high heat or grill pan & Pre-heat oven to 400 degrees
2. In a medium mixing bowl, mix beef, Worcestershire sauce, garlic, salt & pepper
3. Form beef mixture into burger patty
4. Toss chopped sweet potatoes with olive oil, and seasoning salt
5. Put potatoes in oven and bake for 35 minutes, turning half way through
6. Place burger on grill and cook 3 minutes each side (or cook to temperature desired)
7. Top burger with ketchup & mustard (lettuce & tomato if desired)

Nutrition Information: 550 calories, 35 g carbs, 30 g protein, 15 g fat

Chicken breasts with black bean salsa

4 breasts
1 can black beans, drained
1 cup corn
1 small jar salsa
chopped cilantro
Greek Yogurt/Light Sour Cream

Sauté chicken breasts til browned on both sides. 5-7 minutes per side.

While cooking chicken, combine beans, corn and salsa in a pan and cook until heated through. Serve with chicken. Top with Greek yoghurt/sour cream and sprinkle with chopped cilantro if desired.

This recipe is easily doubled.

Chicken with pasta & spinach

1 pound pasta

1 pound boneless, skinless chicken breasts, thinly sliced

2 tablespoons olive oil

1-4 cloves garlic, finely chopped or ¼ to 1 teaspoon garlic powder

1 pound fresh spinach, washed, drained, and roughly chopped

1 10 ounce can chicken broth

Salt & pepper to taste

1. Cook pasta according to package directions
2. While the pasta is cooking, in a large skillet heat the oil and saute the sliced chicken breasts for 30 seconds
3. Toss in the garlic and stir well. Cook for about 5 minutes.
4. Pour in the chicken broth and bring it to a simmer. Add the spinach, stirring until it wilts.
5. Drain the pasta and return it to the cooking pot. Pour in the chicken and spinach mixture and toss well. Heat for 2 minutes
6. Season to taste

Yield: 5 servings

Nutrition Information: 560 calories per serving, 75 grams of carbs, 40 grams of protein, 11 grams of fat.

Shrimp Fettuccine

6 ounces pasta, fettuccine or spaghetti

1 tablespoon of olive oil

1 8 ounce package of frozen, peeled, and devined shrimp

½ teaspoon instant chicken bouillon granules or 1 cube

1 tablespoon cornstarch mixed into

1 cup milk, low-fat or skim

2 tablespoons grated parmesan cheese

Tomatoes for garnish

1. In a large pot, cook the pasta according to the package directions
2. While the pasta is cooking, heat a large nonstick skillet, add the oil, then the shrimp and chicken bouillon (and garlic if desired). Stir-fry for 3 to 4 minutes or until shrimp turn pink
3. Stir the cornstarch into the milk, then pour the mixture into the cooked shrimp. Cook, stirring constantly, until thick and bubbly.
4. Add the cooked, drained pasta; toss to combine. Garnish with parmesan cheese and tomatoes.

Yield: 2 servings

Nutrition Information: 550 calories, 70 grams carbs, 40 grams protein, 12 grams fat



Snacks

- Nuts: Almonds, Cashews, Pistachios, Seeds – Unsalted if can, Peanut or almond butter (small doses)
- Fruit: Apples, Bananas, Oranges, Grapes, Pineapple, Peaches
- Vegetables: Raw carrots, Celery, Raw Broccoli (Do not add cream based dipping sauce)
- Grains: Toast (whole wheat), Crackers, Granola (no sugar)
- Healthy Fats: Avocados, Deviled eggs (light on topping)