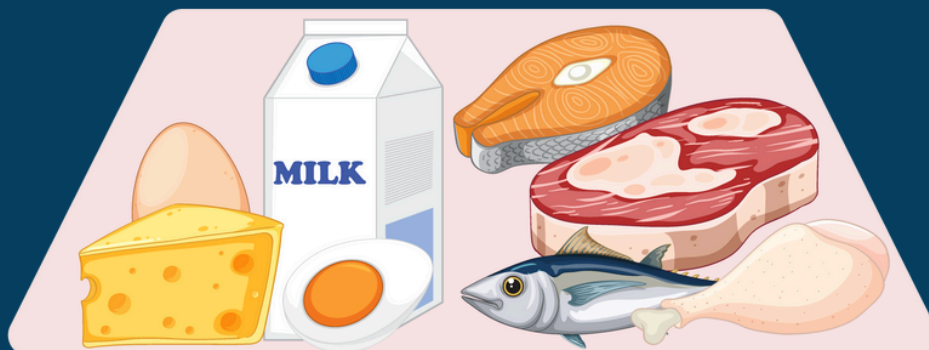




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— EST. 2018 —



NUTRITION PLAN

CREATING A DIET AND NUTRITION PLAN

GOAL

- Creating a diet and nutrition plan for a 20-year-old academy footballer.

OBJECTIVE

- Consideration of energy needs, macronutrient balance, and hydration.
- Create a plan to help you optimize performance and recovery.



DAILY NUTRITION GOALS

- **Calories:** 3,000 - 3,500
(depending on training intensity)
- **Protein:** 1.2 - 2.0 grams per kg of body weight
- **Carbohydrates:** 6 - 10 grams per kg of body weight
- **Fats:** 20-35% of total calories



SAMPLE DAILY MEAL PLAN:

BREAKFAST

- **Oatmeal**

- 1 cup cooked oats with a tablespoon of honey and a sliced banana

- **Eggs**

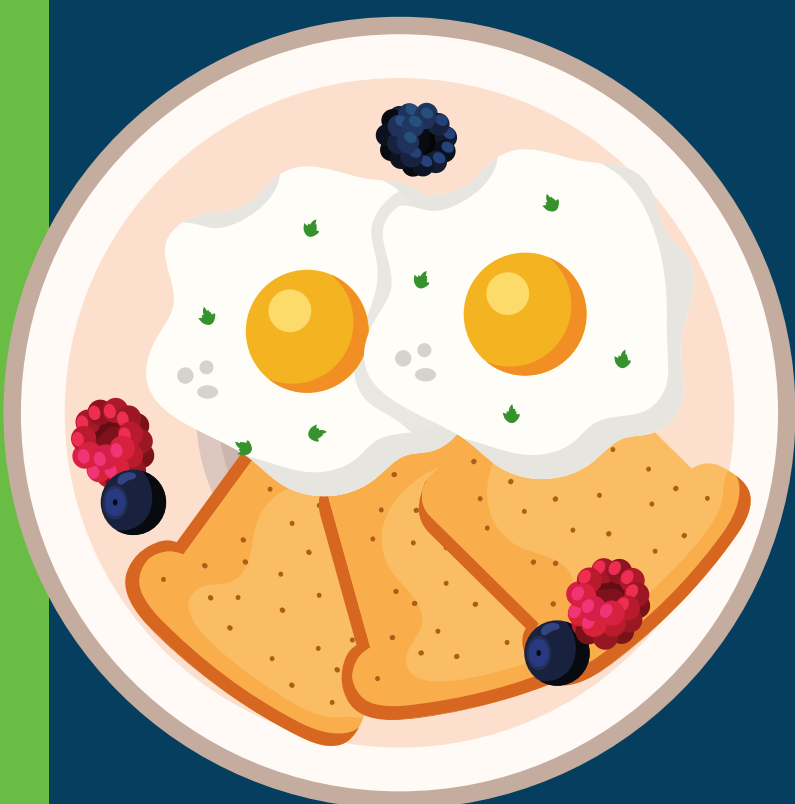
- 2-3 scrambled eggs or a vegetable omelette

- **Dairy**

- 1 cup of low-fat milk or yogurt

- **Fruit**

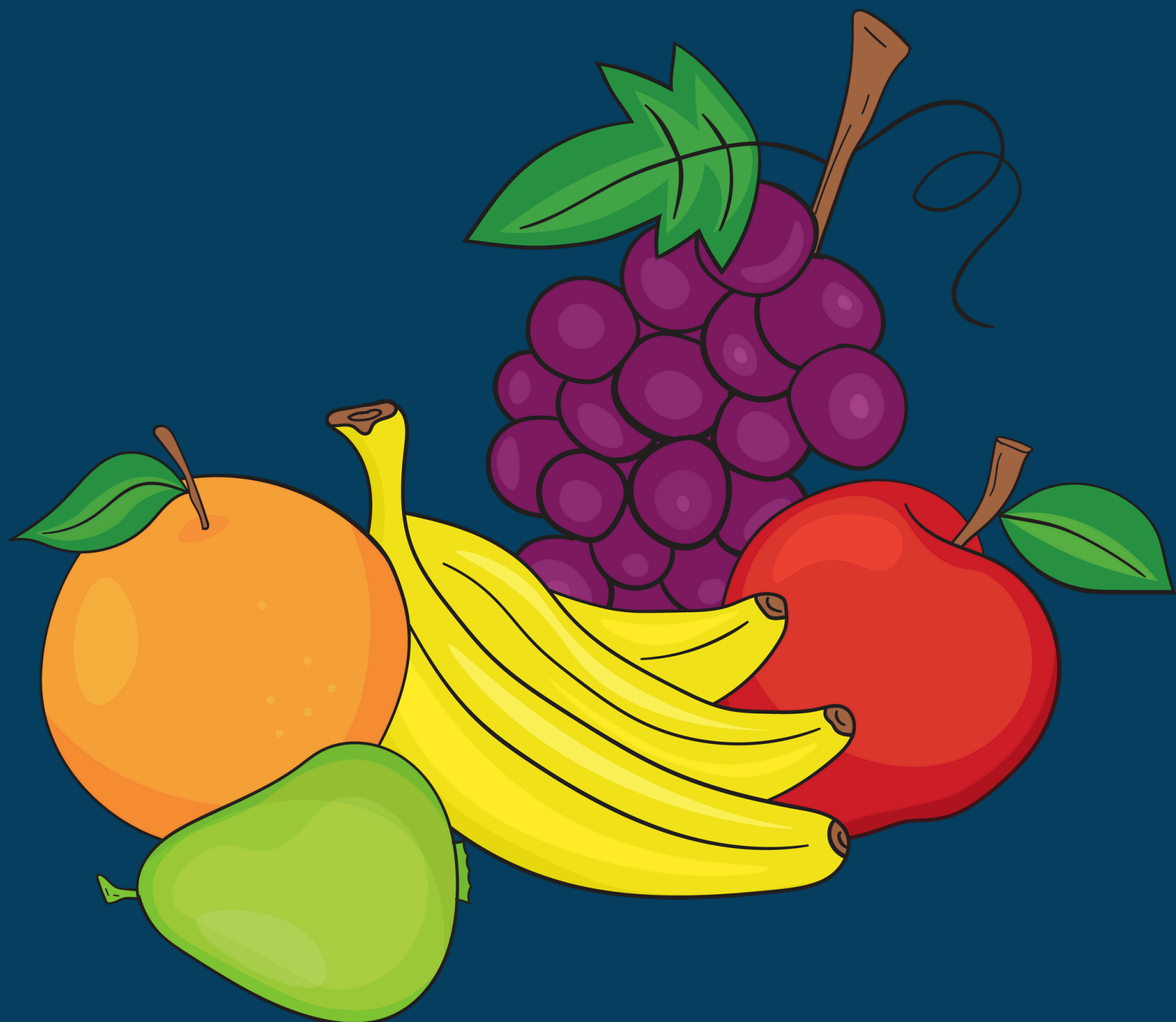
- 1 serving of mixed berries



SAMPLE DAILY MEAL PLAN:

MID-MORNING SNACK

- **Protein Shake**
 - 1 scoop of protein powder mixed with water or milk
- **Nuts**
 - A handful of mixed nuts (almonds, walnuts)



SAMPLE DAILY MEAL PLAN:

LUNCH

- **Lean Protein**
 - Grilled chicken breast or turkey (150-200g)
- **Carbohydrates**
 - Quinoa or brown rice (1 cup)
- **Vegetables**
 - Steamed broccoli, spinach, or mixed salad
- **Healthy Fats**
 - Olive oil dressing or avocado



SAMPLE DAILY MEAL PLAN:

PRE-TRAINING SNACK

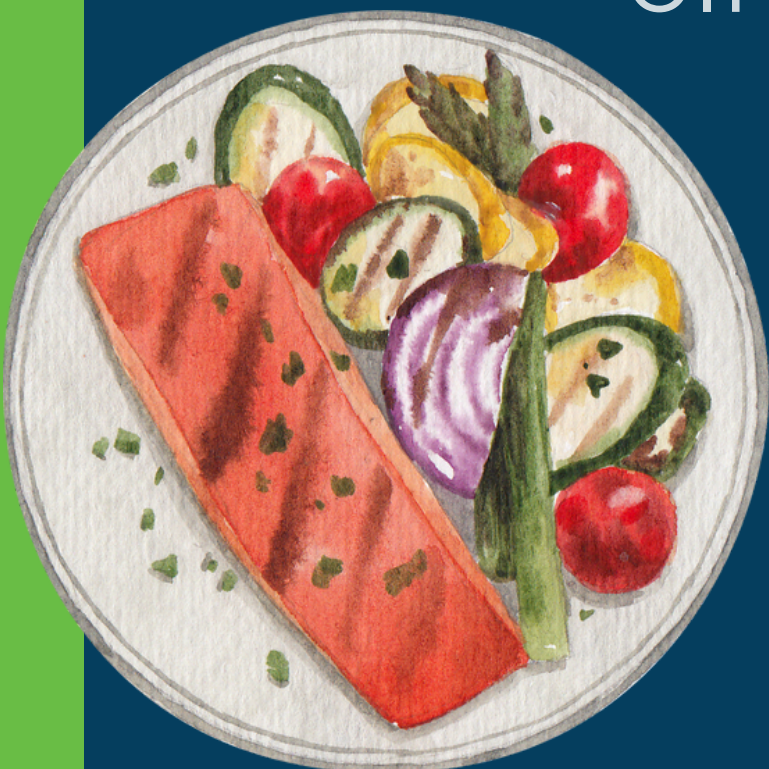
- **Banana or Energy Bar**
 - Quick energy source
- **Nut Butter**
 - 1-2 tablespoons of almond or peanut butter



SAMPLE DAILY MEAL PLAN:

DINNER (POST-TRAINING)

- **Lean Protein**
 - Baked salmon or lean beef (150-200g)
- **Carbohydrates**
 - Sweet potatoes or whole grain pasta (1 cup)
- **Vegetables**
 - Mixed vegetables or a large salad
- **Healthy Fats**
 - Drizzle of olive oil or a few olives



SAMPLE DAILY MEAL PLAN:

EVENING SNACK (OPTIONAL)

- **Cottage Cheese**
 - 1 cup with pineapple or berries
- **Dark Chocolate**
 - A small piece for a treat



SAMPLE DAILY MEAL PLAN:

DRINKS

- **Hydration**
 - Water at least 3-4 liters per day, more during training.
- **Electrolyte Drinks**
 - Consider during intense training sessions.



ADDITIONAL TIPS

- **Meal Timing**

- Try to eat every 3-4 hours to maintain energy levels.

- **Adjust Portions**

- Based on your specific energy needs, adjust portion sizes.

- **Supplements**

- Consider a multivitamin or specific supplements only if needed (consult a nutritionist).

- **Consultation**

- Professional Guidance: It's best to consult with a sports nutritionist for personalized advice based on your specific needs, training schedule, and goals.

Feel free to adjust any part of the plan to fit your preferences or dietary restrictions!