



**EATING FOR
GREATNESS!**



POWERED BY



A Note for the parents:

As parents, we all want the best for our children—strong bodies, sharp minds, and the confidence to chase their dreams. This book is designed to help lay the foundation for lifelong healthy habits, giving kids the tools they need to fuel their bodies for success.

One of the most important lessons we can teach our children is that food is not the enemy. It should never be shamed, feared, or used as a form of punishment. Instead, food is fuel—an essential part of growth, performance, and overall well-being. By fostering a positive relationship with nutrition early on, we empower our children to make informed choices that will serve them throughout their lives.

Together, we will help mold the next generation of healthy, successful athletes. Whether their goals are on the field, in the classroom, or beyond, the habits we build today will support them in achieving any level of greatness they set their minds to.

Let's create a future where our children thrive—not just as athletes, but as confident, capable individuals.

-Coach Eric

A large, faint, light gray graphic of a stylized star or atom symbol is visible in the background of the lower half of the page, partially obscured by the text.

Protein: The Building Blocks of Strength

Imagine waking up in the morning and deciding not to make your bed. You tell yourself, "I'll do it later." But by the time you get home, your room is a mess, and now you have to clean up twice as much. Wouldn't it have been easier to do it right the first time?

This is exactly how protein works in your body. If you don't get enough early in the day, your body has to work twice as hard to catch up. But if you start strong, you set yourself up for success.

What is Protein?

Protein is like the building blocks of a LEGO set—it helps build and repair everything in your body, from muscles to skin to hair. Just like a strong house needs solid bricks, your body needs protein to stay strong, grow, and perform at its best.

Why Do We Need Protein?

- **Stronger Muscles:** Whether you play sports, dance, or just love to run around, protein helps your muscles grow and recover.
- **Energy That Lasts:** If you don't eat enough protein, you might feel tired or weak. Protein helps keep you fueled up so you can focus and play hard.
- **Smart Choices, Less Work:** Just like making your bed in the morning saves you time later, eating enough protein early in the day helps your body stay strong without having to "catch up" later.

So, next time you sit down for breakfast, think about how you're setting yourself up for the day. Just like you wouldn't want to do your chores twice, don't make your body work harder than it has to. Start strong, eat your protein, and work smarter—not harder!

Carbs: The Fuel for Champions

Have you ever tried running a race with no energy? It's like trying to play a video game with a controller that's about to die—you won't get very far! That's where carbohydrates (carbs) come in. They're your body's best source of fuel, giving you the energy you need to move fast, think sharp, and play hard.

What Are Carbs?

Carbs are the gasoline for your body's engine. Just like a car needs fuel to drive, your body needs carbs to power through the day. But not all fuel is the same—some keep you going strong, while others burn out fast and leave you feeling sluggish.

Choosing the Right Carbs

Some people think carbs are the enemy, but the truth is, they're one of the most important tools for athletes. The key is choosing the right ones:

- **Great for Sports:** Foods like potatoes, rice, oats, and whole grains provide long-lasting energy, helping you stay strong during practice and games.
- **Burns Too Fast:** Sugary snacks like candy and soda might give a quick burst of energy, but they won't last long before you crash.

Why Do We Need Carbs?

- **More Energy, Less Struggle:** Just like you wouldn't want to play a game on low battery, you don't want to start your day on empty. Eating good carbs helps you stay powered up.
- **Faster Recovery:** After practice or a game, carbs help refill your energy so you can come back stronger the next day.
- **Smart Choices, Better Performance:** Choosing the right carbs is like picking the best running shoes—you'll go farther, faster, and feel better doing it!

So next time you're getting ready for school, practice, or a big game, think about what kind of fuel you're putting in your body. If you want to play like a champion, eat like one—because the right carbs will keep you running strong!

Fats: The Power of Smart Fuel

Imagine finishing a tough practice, feeling exhausted, and then waking up the next day ready to do it all over again. Sounds great, right? That's where healthy fats come in! They help your body recover so you can keep playing, training, and getting better every day.

What Are Fats?

Fats are another type of fuel for your body, but instead of giving you quick energy like carbs, they help with long-term power, recovery, and brain function. Think of them like the oil in an engine—keeping everything running smoothly so you don't burn out.

The Power of Omega-3s

Not all fats are the same, but one of the best kinds is Omega-3s. These are like secret weapons for athletes because they help:

- **Support Your Brain:** Omega-3s keep your brain sharp so you can focus on school, sports, and learning new skills.
- **Speed Up Recovery:** After a game or workout, they help reduce soreness so you can get back to playing faster.
- **Keep Your Joints Healthy:** They protect your body from aches and pains, making sure you stay strong season after season.

Where to Find Omega-3s?

You can get these super-powered fats from foods like:

- Salmon, tuna, and other fish
- Walnuts and almonds
- Chia seeds and flaxseeds

Why Do We Need Fats?

- **Think Faster, Play Smarter:** Just like a race car needs the right oil to run at top speed, your brain needs Omega-3s to stay sharp.
- **Recover and Play Again:** After a long day of practice, fats help your body heal so you're ready to go the next day.
- **Stay in the Game Longer:** Strong joints and muscles mean you can keep playing without getting worn out.

So, don't be afraid of fats—just choose the right ones! If you want to stay sharp, recover fast, and keep playing at your best, Omega-3s are your secret weapon.

Acceptable Food List

Here are some examples of foods that are acceptable for each macronutrient:

Protein:

Chicken breast
Turkey breast
Lean beef
Fish (salmon, tuna, tilapia)
Eggs
Greek yogurt
Cottage cheese
Beans and legumes (chickpeas, lentils, black beans)

Carbohydrates:

Fruits (Apples, bananas, berries, oranges, etc.)
Vegetables (broccoli, spinach, carrots, sweet potatoes, etc.)
Whole grains (brown rice, quinoa, oats, etc.)
Bread (whole wheat, whole grain, etc.)
Pasta (whole wheat, brown rice, etc.)
Potatoes (Red, Sweet, Yellow & White)

Fats:

Avocado
Nuts (almonds, walnuts, pistachios, cashews)
Seeds (chia, flax, pumpkin, sesame)
Nut butters (almond butter, peanut butter, cashew butter)
Olive oil
Coconut oil
Butter
Cheese (cheddar, feta, blue cheese, etc.)
Fatty fish (salmon, mackerel, sardines, herring)

It's important to note that while fats are an essential macronutrient, they are also high in calories. So, it's important to consume them in moderation and choose healthier sources of fats like nuts, seeds, and fatty fish

Fueling Your Body Like a Champion

Think of your body like a superhero—it needs the right fuel at the right time to stay strong, think fast, and recover quickly. Here's how to build your meals each day with protein, carbs, and healthy fats!

Meal 1: Breakfast – Start Strong!

Just like making your bed in the morning sets you up for a great day, your first meal should set your body up for success.

Example Meal:

- ✓ Scrambled eggs (protein)
- ✓ Whole wheat toast or oatmeal (carbs)
- ✓ Sliced avocado or nuts (healthy fats)

- ◆ Why? This meal gives your brain energy for school and fuels your body so you don't feel tired by lunch.

Meal 2: Lunch – Power Up!

By lunchtime, your body needs more fuel to keep going strong—like recharging a game controller before it dies!

Example Meal:

- ✓ Grilled chicken or turkey (protein)
- ✓ Rice, sweet potatoes, or whole wheat pasta (carbs)
- ✓ Olive oil dressing on a salad or cheese (healthy fats)

- ◆ Why? This meal keeps your energy up so you're ready for practice, recess, or whatever comes next.

Meal 3: Snack – Quick Refuel!

Imagine stopping in a pit stop during a race—you don't need a full meal, just enough to keep going.

Example Snack:

- ✓ Greek yogurt or a protein shake (protein)
- ✓ Banana, apple, or granola (carbs)
- ✓ Peanut butter or almonds (healthy fats)

- ◆ Why? This snack helps your muscles recover and keeps you from getting too hungry before dinner.

Meal 4: Dinner – Recover & Get Stronger!

At the end of the day, your body needs fuel to rest, recover, and be ready for tomorrow—just like plugging in your phone overnight!

Example Meal:

- ✓ Salmon, steak, or eggs (protein)
- ✓ Quinoa, potatoes, or veggies (carbs)
- ✓ Olive oil, avocado, or nuts (healthy fats)

- ◆ Why? This meal helps your muscles rebuild so you wake up feeling strong and ready for another day.

The Champion's Rule: Work Smarter, Not Harder!

If you eat the right foods at the right times, your body won't have to "play catch-up." Just like you wouldn't wait until nighttime to clean your room, don't wait until the last meal of the day to give your body what it needs!

Fuel your body, play strong, and recover fast—because champions don't just work harder, they work smarter!

*Thank
you!*



info@lore-fitness.com



[lore_fitness_official](https://www.instagram.com/lore_fitness_official)



[LoreFitness](https://www.youtube.com/LoreFitness)



www.lore-fitness.com