

Baseball Nutrition

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For meal and snack options we recommend for strength, power, and lasting energy!!



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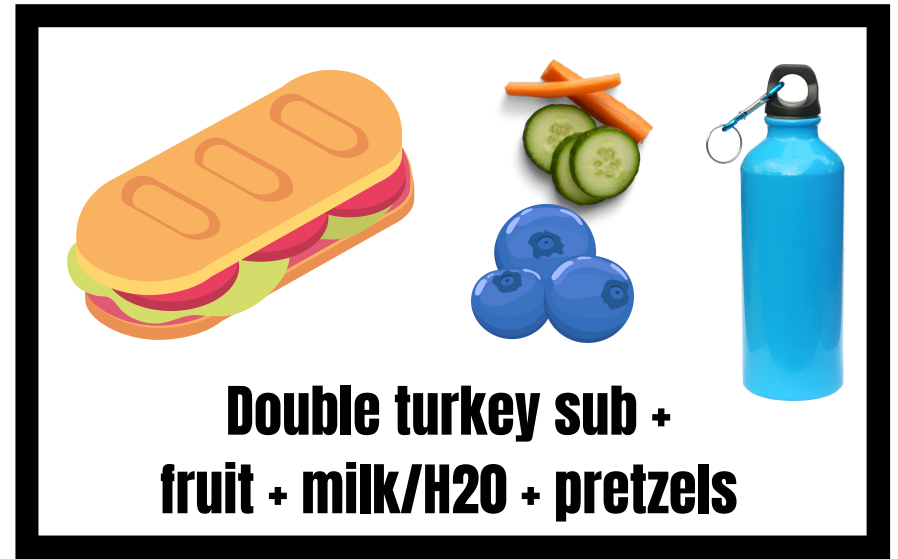


Nutrition for Baseball

Breakfast

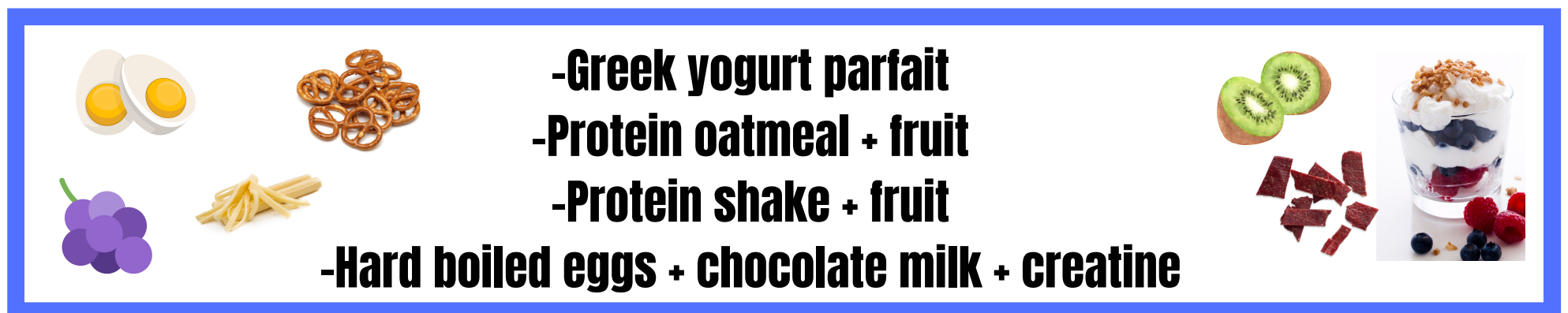


Lunch



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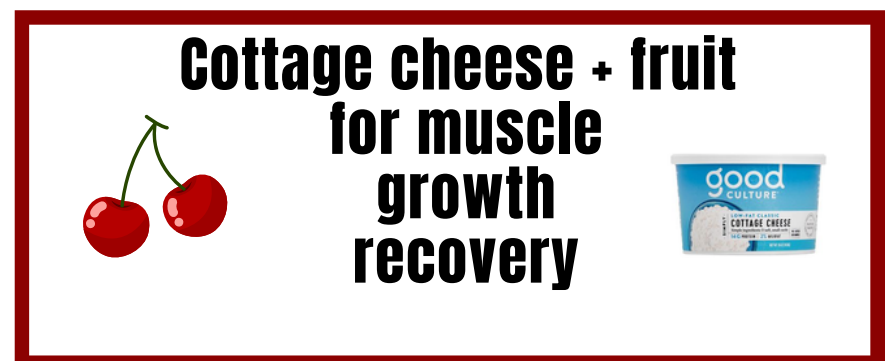
Snacks/Pre & Post-Workout/Game Day Pairings



Dinner



60 min-Pre-sleep



BYO Fueling Station

CARBOHYDRATE OPTIONS



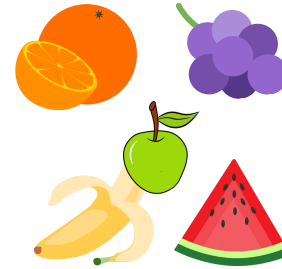
Fruit bar



Pretzels



Apple sauce



Fruit



Cherry juice

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PROTEIN OPTIONS



Hard boiled
eggs



Hummus



Cottage cheese



Yogurt Parfait



Protein bar



Protein shake



String cheese



Greek yogurt

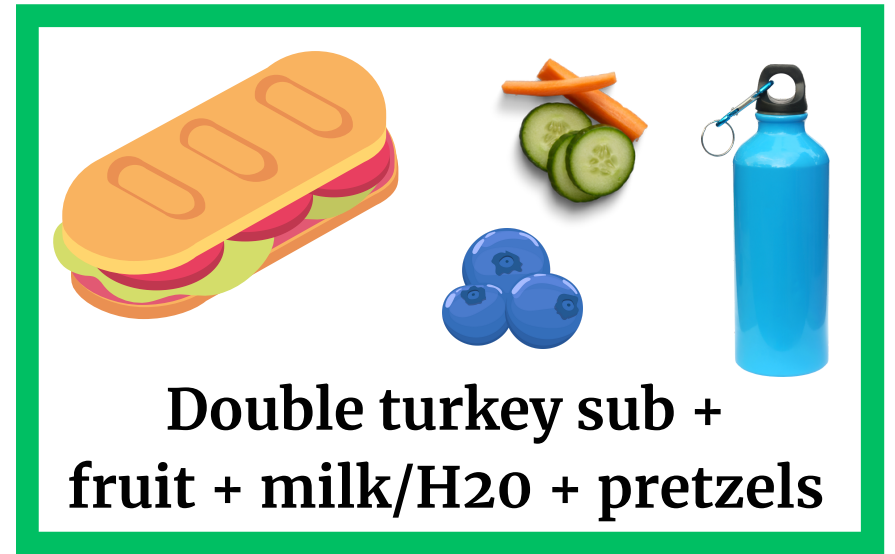


Nutrition for Velocity

Breakfast

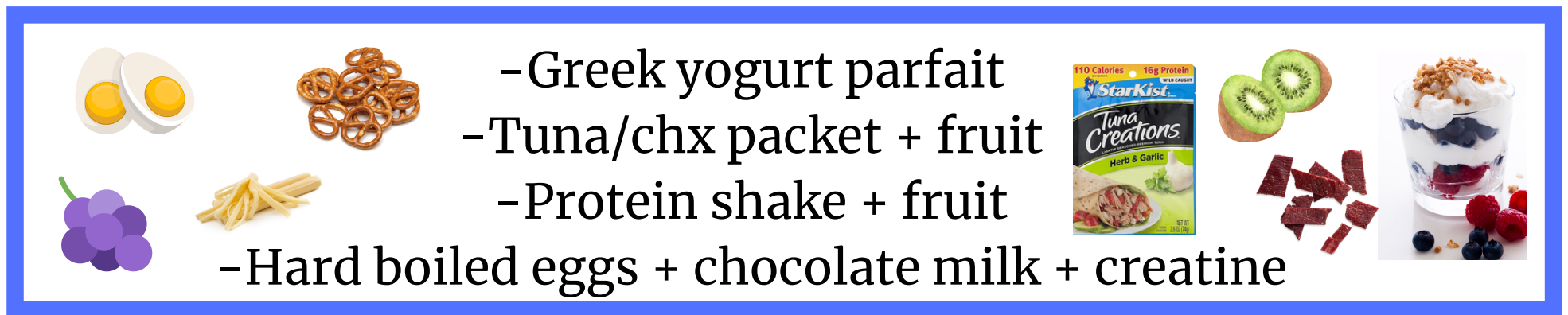


Lunch



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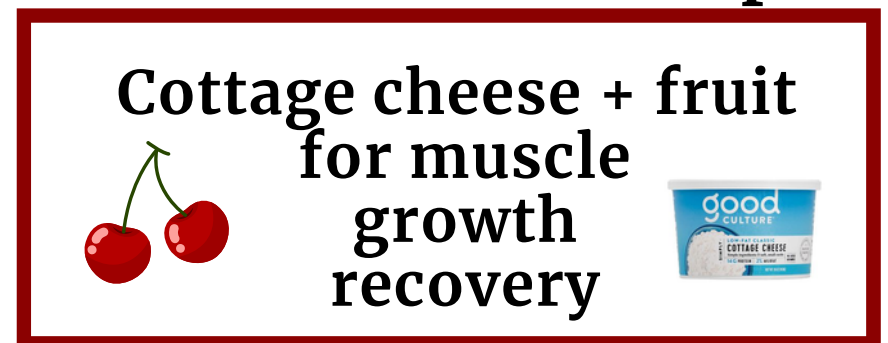
Snacks/Pre & Post-Workout/Game Day Pairings



Dinner



60 min-Pre-sleep



Hydration Guidelines

“With as little as a 2% fluid loss, athletic performance is hindered, pace decreases and perceived effort increases.”



Drink 8-10 oz upon WAKING
Basic fluid needs:

- (3.7 liters) for men
- (2.7 liters) for women

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**Drink 16 oz 1-2 hour
BEFORE activity.**



**DURING ACTIVITY > 60-min 20 oz sports
drink/electrolyte of sodium & carbs.**

**POST ACTIVITY 16-24 oz of H2O for
every lb. lost during activity.**



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Foods to avoid the night before a game/competition!



**UNFAMILIAR/new
/ spicy foods**



**Alcohol and
soda**

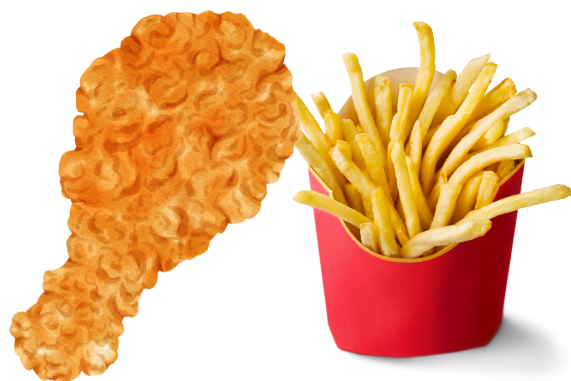


**Fast foods high in
fat and oils**

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**Foods high in sugar
low in nutrition**



**Fried high fat
foods**



**Too much fiber that
may cause GI distress**

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Foods to eat the night before a game/competition!



Lean protein



H₂O, minerals,
cherry juice



Balanced of carbs +
protein

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Antioxidant +
nutrient dense foods



Grilled, roasted, or
broiled



Greek yogurt parfait or
cottage cheese

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Baseball Athlete Menu

7 a.m. 2-3 egg breakfast burrito + banana + PB
chocolate milk

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10:15 a.m. Apple + PB + Jerky

12 pm Lunch: Grilled chicken wrap, mashed avocado,
mixed veggies + pineapple + milk/H2O

3 p.m. Yogurt oat cup + fruit pre-training

4:30 p.m. Fruit protein honey smoothie +
creatine post-workout

6:30 p.m. Dinner Beef rice veggie bowl + fruit

8:30 p.m. Cottage cheese +
blueberries

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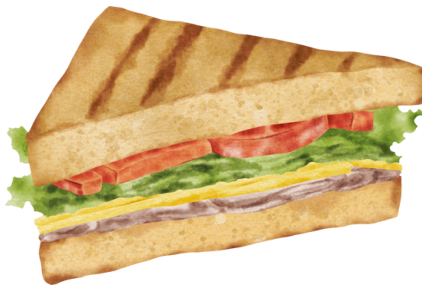


Doubleheader Fuel

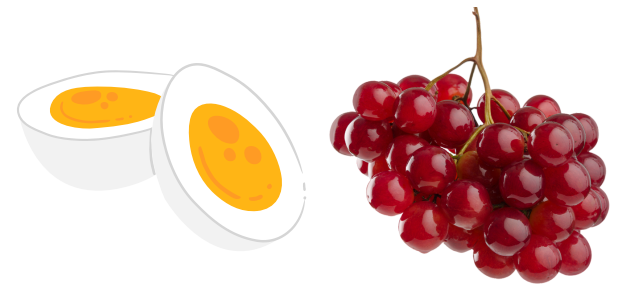
Nibble on protein + carb + 16–20 oz of H₂O between games



Apple sauce
+ string cheese



Turkey sandwich
+ pretzels



Eggs
+ grapes

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Protein bar +
fruit



Protein shake
+ fruit



Greek yogurt
+ cherry juice

Refuel + repair between games to
maintain strength, energy, and power!

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Pre-Activity Snacks

Nutrient timing made EASY!

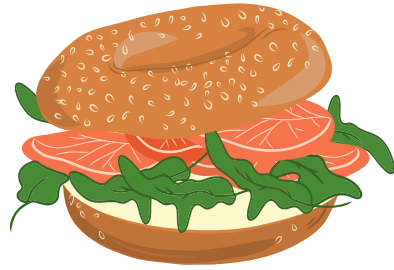
Using NWW "4-2-1" Chew-Nibble-Sip Strategy TM

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3-4 hours out

"chew"



Egg bagel sandwich



**ek yogurt fruit
parfait**



**Grilled chx
pita wrap**



**Turkey
sandwich**

1-2 hours out

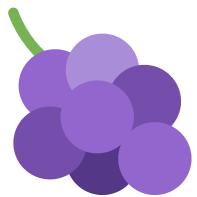
"nibble"



Pretzels



Fruit bar



Protein bar /Cheese + fruit

1 hour out "sip"

fluids/liquid carbs



Sports drink



Water



Applesauce



Honey



**"Fuel up to avoid stalling out! Pair
Carbs + protein."**

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Weight Gain Tip Sheet

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- **RULE 1: You have got to EAT!!!**
- **Breakfast daily + a second breakfast!**
- **Keep a food log to measure your intake.**
- **Drink 100 + oz of fluid daily for digestion & recovery**
- **Consume roughly 3,500 MORE calories** than what is burned off to gain weight each week. Gain about 1 lb. per week if you eat an extra **500 calories daily.**
- **Eat 3-4 meals + 2-3 snacks..**(trail mix, nut butters, whole fat dairy to increase kcal)
- **Eat larger portions (double protein + carbs)**
- **You must sleep 8-9 hours!!** Your body can't grow and recover without enough sleep.
- **DO NOT SKIP MEALS!!**



Consistency >> Intensity!!

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Muscle Building Snacks

High-kcal protein dense snacks for athletes



**Breakfast burrito
+ grapes**



**High kcal whey
protein bar**



**Banana +
whole milk + PB**

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@NWW_Coaching



**Trail mix +
2-3 eggs**



**PB protein oat bites +
Core Power**



**Nut butter
sandwich + Fairlife**

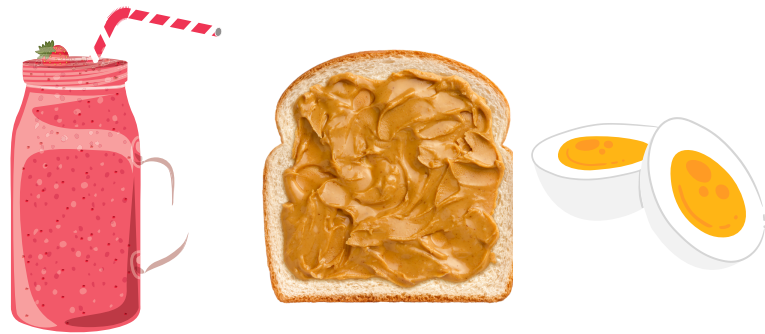
*****300-500 extra kcal per day
will support 0.5-1 lb gain per week!***

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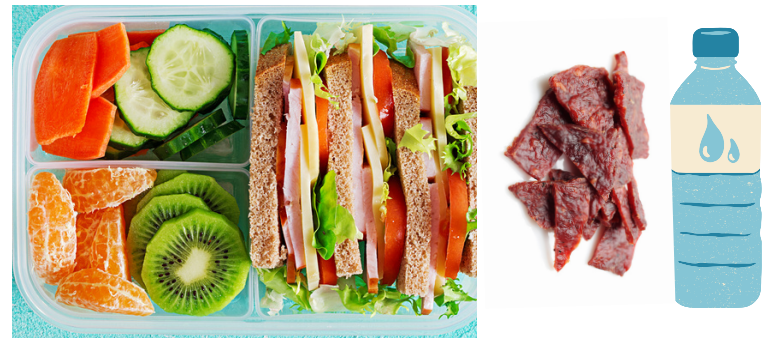
Sample Lean Out

Breakfast



**Protein fruit spinach smoothie +
PB toast + eggs**

Lunch



**Turkey cheese sandwich + fruit +
jerky + milk/H2O**

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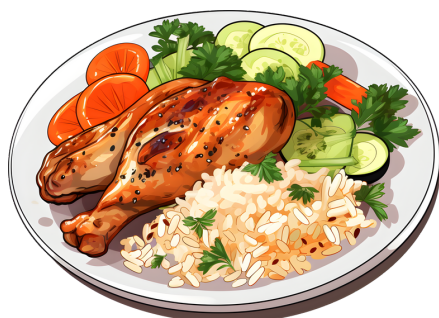
Pre & Post-Workout/Game Day Pairings



**-Greek yogurt parfait
-Pretzels + fruit + oatmeal
-Hard boiled eggs + chocolate milk**

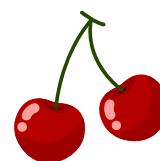


Dinner



**Grilled chicken,
roasted veggies,
rice + berries + H2O**

60 min-pre-sleep



**Cottage cheese + fruit
for muscle
growth
recovery**



NUTRITION COACHING: www.nutritionwithwendi.com | 507-202-5287

Muscle Gain

Student-Athlete Menu



Breakfast
Egg beef veggie rice
omlette + blueberries



2nd breakfast
PB toast



Lunch
Turkey sandwich +
fruit & veggies + pretzels



Dinner
Grilled chicken, sweet
potato + mixed veggies +
milk

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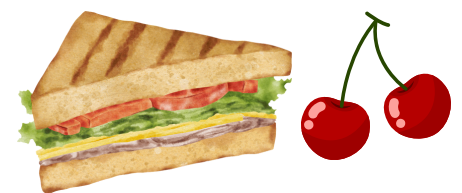
AM Snack
Banana +PB packet



Pre-Training
Grapes + string cheese +
tuna



Post-Training
Greek yogurt + fruit + honey
+ tart cherry
creatine monohydrate



PM Snack
Cherries + 1/2 turkey sandw



***Aim for 90-100 oz of H2O daily**
***Menu: 300+ g carbs**
190 g protein roughly 3,000 kcal
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College Athlete Performance Nutrition Plan



Breakfast

**Bagel + egg + turkey +
fruit + Core Power**



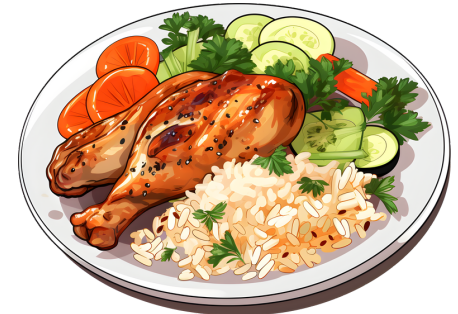
2nd breakfast

Yogurt oat parfait



Lunch

**Beef rice veggie
bowl + fruit**



Dinner

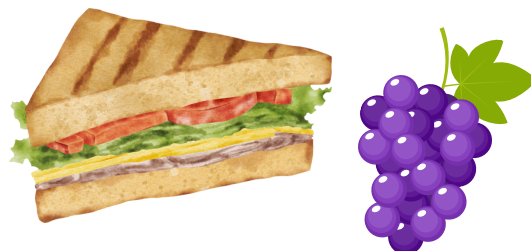
**Grilled chicken, sweet
potato + mixed veggies +
H2O**

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Snack PB

**Banana toast +
RX Protein bar**



Pre-Training

**1/2 turkey sandwich +
grapes**



Post-Training

**Greek yogurt + chocolate milk
+ creatine**



PM Snack

**Strawberries +
cottage cheese +
pretzels**



**100 oz fluid daily
7-9 hours of sleep
Eat every 2-3 hours
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Tips for Baseball Athletes



H2O bottle by bed. Wake up and hydrate with 10-12 oz!

TWO BREAKFASTS can help meet energy needs!

Eat every 2-3 hours to prevent energy & nutrient deficiencies! Use NWW 4-2-1 for fueling training + games.

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Consume 25 g of protein + 50 grams of carbs within 30 minutes of activity to reduce muscle breakdown, support recovery & optimize training adaptations.
NWW "25-50-30" rule

1 Greek yogurt + chocolate milk + banana + 3rd party tested creatine monohydrate.

Eat a snackcasein protein (cottage or string cheese, Greek yogurt) 45-60 min before bed to help with recovery and reduce muscle breakdown during sleep.

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Athlete Fuel Plate

3,000 calorie plan



Avocado egg toast x2 & blueberries

550 calories

Turkey sandwich + hummus fruit & veggies

500 calories

Double Chicken + rice, veggies, & coconut water

700 calories

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String cheese + grapes + Rx Bar

390 calories



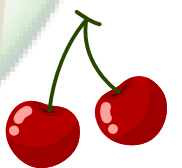
Greek Yogurt + fruit & honey + granola

380 calories



Protein shake + creatine & banana

240 calories



Cottage cheese + cherries

240 calories

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