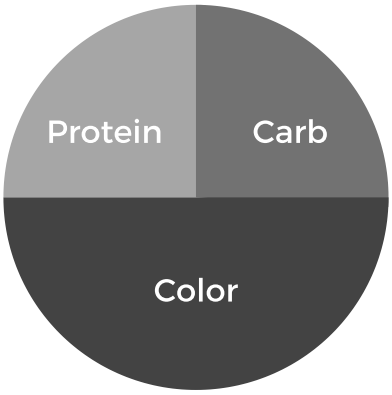
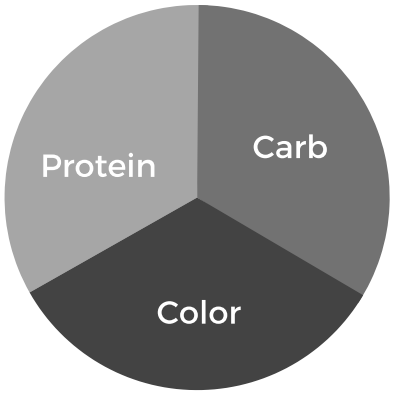
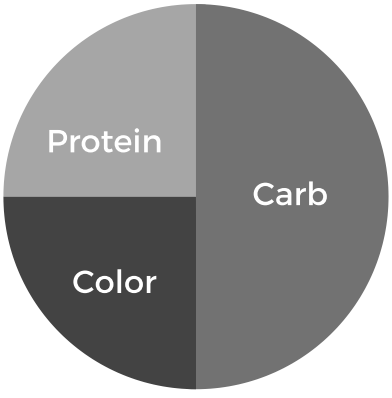


Christina Anderson | RDN

GYMNAST PERFORMANCE PLATE PLANNING GUIDE

Performance Plate Guide

Choose the plate that best matches your activity for the day. Athletes should include 2-3 snacks per day and a post-workout snack. Individual needs may vary.

	Training Plate	Training Examples
LOW INTENSITY & REST DAYS		• Rest Day/No Practice • Light body weight training • Mobility work • Casual walks
MODERATE INTENSITY TRAINING		• Most practices • Most workouts • 3-5 mile runs • 1 hr strength training endurance practice + 30 min weight training
HIGH INTENSITY TRAINING		• Two-A-Days • All-day Camps • Weight Gain

Athlete Grocery Shopping List

CARBS

Choose 100% whole wheat/grain options

- Bread
- English Muffins
- Bagels
- Dry Cereal
- Oatmeal
- Granola Bars (KIND, Luna, Clif)
- Tortilla/Wraps
- Pita Bread
- Pasta
- Rice
- Couscous
- Quinoa
- Potatoes (White/Sweet)
- Crackers (Triscuits, Wheat Thins)
- Pretzels
- Baked Chips
- Low-Fat Popcorn

PROTEIN

- Eggs
- Chicken Breast (boneless, skinless)
- Turkey sausage
- Lean Deli Meat
- Lean Beef (90/10 or better)
- Sirloin/Tenderloin
- Fish (salmon, cod, tilapia...)
- Shrimp
- Tuna Packets
- Pork Tenderloin
- Milk (regular, chocolate)
- Greek yogurt
- Cheese
- String Cheese
- Beans
- Edamame
- Beef or Turkey Jerky

COLOR

Choose fresh, frozen, or canned!

- Green leafy lettuce (green, leaf, red leaf, butter leaf, romaine, spinach)
- Bagged Salad
- Broccoli
- Asparagus
- Cauliflower
- Green Beans
- Bell Peppers
- Brussel Sprouts
- Celery
- Cucumbers
- Carrots
- Mushrooms
- Onions
- Squash
- Tomato
- Zucchini

- Apple
- Banana
- Berries
- Grapefruit
- Grapes
- Kiwi
- Lemon
- Lime
- Mandarin Oranges
- Mango
- Melon
- Peaches
- Pears
- Plums
- Dried Fruits
- Fruit cups (in juice)
- 100% fruit juice

HEALTHY FATS

- Oils (olive, canola, avocado)
- Avocado/Guacamole
- Nuts (almonds, walnuts, pistachios, peanuts)
- Nut Butter (peanut, almond, cashew)
- Olives
- Seeds
- Flaxseed (fine ground)
- Butter

CONDIMENT/SPICES

- Spices (fresh/dried)
- Vinegar (balsamic, apple cider)
- Salsa
- Soy Sauce
- Mustard
- BBQ Sauce
- Ketchup
- Oil-Based Salad Dressing
- Refrigerated Creamy Dressings
- Hummus
- Maple Syrup
- Tomato Sauce
- Diced Tomatoes

BEVERAGES

- Water
- Sports Drink (Gatorade, Powerade)
- Milk (1%, 2%, Whole)
- Other non-calorie beverages

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