



WNHS Lady Warriors Soccer Athlete Nutrition Guide

Fueling Your Body for Performance, Recovery & Growth

Why Nutrition Matters for Athletes

As athletes, your body needs fuel to perform at its best.

The foods you eat directly impact:

- Energy levels
- Endurance
- Recovery
- Speed & strength
- Focus and concentration
- Muscle growth and repair
- Injury prevention
- Overall health

Soccer requires endurance, speed, agility, strength, and mental focus. Your body cannot perform at a high level if it is under-fueled.

This guide is not about dieting, restriction, or trying to look a certain way.

This is about learning how to properly fuel your body so you can:

- Feel stronger
- Recover faster
- Perform better
- Stay healthy throughout the season

Athletes Need Fuel

One of the biggest mistakes athletes make is not eating enough.

Many athletes believe:

- Carbs are bad
- Eating less will help performance
- Skipping meals is healthy
- Small snacks are enough for training

In reality:

- Your body NEEDS fuel
- Your body NEEDS carbohydrates
- Your body NEEDS protein
- Your body NEEDS hydration

Under-eating can lead to:

- Fatigue
- Poor recovery
- Muscle loss
- Low energy
- Slower speed
- Poor focus
- Increased injury risk
- Increased soreness
- Poor conditioning performance

Your body is working hard during conditioning, practices, games, lifting, recovery, school, and everyday life. You must fuel it properly.

The Basics of Athlete Nutrition

Protein = Recovery & Muscle Repair

Protein helps:

- Repair muscles after workouts and games
- Build and maintain strength
- Keep energy more stable
- Support recovery

Athletes should include protein throughout the day — not just at dinner.

Good Protein Options

- Chicken
- Turkey
- Lean beef
- Eggs
- Greek yogurt
- Cottage cheese
- Tuna
- Cheese sticks
- Protein shakes
- Peanut butter
- Nuts
- Fairlife milk

Carbohydrates = Energy

Carbs are NOT the enemy.

Carbohydrates are your body's main energy source.

Soccer players especially need carbs for:

- Endurance
- Speed
- Conditioning
- Recovery
- Muscle energy

Without enough carbs, athletes often feel:

- Tired
- Weak
- Slow
- Dizzy
- Exhausted during conditioning

Better Carb Options

- Rice
- Potatoes
- Pasta
- Oatmeal
- Fruit
- Whole grain bread
- Tortillas
- Granola
- Pretzels
- Crackers

Carbs are especially important:

- Before workouts
- Before games
- After workouts

Healthy Fats = Brain, Hormones & Joint Health

Healthy fats help support:

- Brain function
- Hormones
- Joint health
- Long-lasting energy

Healthy Fat Options

- Avocado
- Peanut butter
- Almonds
- Cashews
- Olive oil
- Cheese
- Nuts and seeds

Hydration = Performance

Hydration is one of the most important parts of athletic performance — especially in Florida heat.

Even mild dehydration can affect:

- Speed
- Endurance
- Recovery
- Focus
- Cramping

Hydration Tips

- Drink water throughout the day
- Do not wait until you feel thirsty
- Bring water to conditioning and practices
- Increase hydration on hot days
- Electrolytes can help after heavy sweating

Better Drink Choices

- Water
- Electrolyte drinks
- Coconut water
- Milk

Drinks to Limit

- Energy drinks
- Excessive soda
- Highly sugary drinks

Common Athlete Nutrition Mistakes

Skiping Breakfast

Breakfast helps fuel your body and brain for the day.

Skipping breakfast often leads to:

- Low energy
- Poor focus
- Overeating later
- Poor workouts

Not Eating Enough Protein

Athletes need more protein than most people realize.

Many athletes under-eat protein, especially at breakfast and lunch.

Fear of Carbs

Carbs fuel athletic performance.

Choosing balanced carbs throughout the day helps your body perform and recover better.

Eating Too Little During Conditioning

Conditioning burns a LOT of energy.

If you are constantly exhausted, dizzy, weak, or struggling to recover, you may not be eating enough.

Living on Snacks Instead of Meals

Snacks are helpful, but athletes still need balanced meals.

Try to include:

- Protein
- Carbs
- Fruits or vegetables

throughout the day.

What a Balanced Athlete Meal Looks Like

A balanced athlete plate usually includes:

Protein

Chicken, beef, eggs, yogurt, turkey, etc.

Carbohydrates

Rice, potatoes, pasta, fruit, bread, etc.

Fruits & Vegetables

Adds vitamins, minerals, and recovery support.

Hydration

Water or electrolytes.

You do NOT need perfect meals.
Consistency matters more than perfection.

Breakfast Ideas

- Eggs, toast, and fruit
- Oatmeal with peanut butter and banana
- Greek yogurt with granola and berries
- Breakfast burrito
- Protein smoothie with fruit
- Bagel with eggs and cheese
- Peanut butter toast and yogurt

Lunch Ideas

- Chicken rice bowl
- Turkey sandwich with fruit
- Wrap with grilled chicken
- Pasta with protein
- Burrito bowl
- Salad with chicken and carbs added
- Leftovers from dinner

Dinner Ideas

- Grilled chicken, rice, and vegetables
- Pasta with meat sauce and salad
- Tacos with protein and rice
- Burgers with potatoes and fruit
- Stir fry with rice
- Baked potatoes with chicken or beef

Snack Ideas

- Protein bars
- Fruit
- Cheese sticks
- Yogurt
- Pretzels
- Peanut butter crackers
- Trail mix
- Protein shakes
- Granola bars
- Apples and peanut butter
- Cottage cheese and fruit

Pre-Workout & Pre-Game Fuel

Before conditioning, practices, or games:

- Eat carbohydrates for energy
- Include light protein
- Avoid heavy greasy foods right before activity

Good Pre-Workout Ideas:

- Banana and peanut butter
- Granola bar and yogurt
- Turkey sandwich
- Oatmeal
- Fruit and crackers
- Protein smoothie

Post-Workout Recovery

After workouts and games:

- Rehydrate
- Eat protein
- Eat carbs

Recovery meals help your body:

- Repair muscles
- Rebuild energy
- Recover faster

Good Recovery Foods:

- Chocolate milk
- Protein shake and fruit
- Chicken and rice
- Turkey sandwich
- Yogurt and granola
- Rice bowl with protein

Real Life Balance

Athletes can still enjoy foods they love.

Eating healthy does NOT mean:

- Never eating sweets
- Never eating fast food
- Restricting yourself constantly
- Feeling guilty for enjoying food

The goal is BALANCE.

Most of the time:

- Choose foods that fuel your body well
- Eat balanced meals
- Stay hydrated
- Prioritize protein and carbs

And yes — enjoy dessert, snacks, treats, and fun foods in moderation.

Healthy athletes focus on fueling and balance — not perfection.

Final Thoughts

Your body is your equipment.

The way you fuel it matters.

Strong athletes are not built through restriction.

Strong athletes are built through:

- Consistency
- Recovery
- Hydration
- Fueling properly
- Hard work
- Balance

Take care of your body now so it can take care of you throughout the season.

Go Lady Warriors!