

SURGE PERFORMANCE LADDER

15 MINUTES TO FUEL



Simple Meals That Help Athletes
Perform, Recover, and Feel Better



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Before You Get Started

[Video Link](#)

This guide is designed to make fueling achievable. It's not meant to replace the full Surge Performance Ladder. Instead, it gives you quick, practical meal options you can use right away. Without overthinking it or spending extra time in the kitchen.

Every meal in this guide follows the same structure: straightforward ingredients, quick prep, and the right fuel at the right time. You don't need to do everything perfectly. Just pick a few options, use them consistently, and build from there.

What Happens When Athletes Fuel the Right Way

When athletes start fueling their body the right way, things begin to change. Not overnight but in a steady, noticeable way.

Energy becomes more consistent. Instead of starting strong and fading, athletes are able to maintain their effort from beginning to end. They feel more focused, more stable, and more in charge of how they perform.

Additionally, recovery improves. The body starts to bounce back faster between practices and games, instead of constantly feeling sore and run down.

Focus and decision making also get better. When the body is fueled, the brain is too. Athletes are more present, more engaged, and better able to react in the moment.

Over time, with consistency confidence starts to build. Not just from performance, but from feeling better day to day and knowing they're prepared.

And just as important, fueling properly helps reduce burnout. When athletes are constantly under-fueled, everything feels harder. When they're supported the right way, the game becomes more enjoyable again.

This is what the Surge Performance Ladder is designed to support.

Repeatable habits. Done consistently.

When fueling is off, it often looks like:

- Low energy during practice
- Fading late in games
- Constant soreness
- Trouble focusing
- Feeling “off” but not knowing why

How to Use This Guide

[Video Link](#)

This guide is meant to help take the guess work out of fueling before games, practice, or other activities.

You don't need to follow everything perfectly or use every option. The goal is to make quick, better choices without overthinking it.

Each section follows the same flow:

Hydrate → Base → Prepare → Ignite → (Play Fuel if needed) → Restore

Think of it as a rhythm, not a rule.

Use the meals in this guide as your go to options. Pick a few that work for you and repeat them. The more familiar they become, the easier everything gets.

Some days will be more structured. Other days will be busy and less predictable. That's normal. Just come back to the basics and keep it simple.

Start Here

The Surge Performance Ladder is meant to be a straightforward user friendly system, in which athletes can implement to help make their daily preparation easier and their performance better.

You do not need to master every rung of the Surge Performance Ladder overnight. In fact, the best way to use this guide is to start small.

Pick one or two things and do them consistently.

For most athletes, the best place to begin is with these three basics: drink more water earlier in the day, eat a real Base meal a few hours before activity, and have a Restore meal or snack after practice or games.

That alone will make a bigger difference than most people realize.

Once those habits start to feel normal, you can build from there by adding Prepare meals, Ignite fuel, and Play Fuel when it's needed.

This is not about being perfect. It's about giving your athlete's body the support it needs to perform, recover, and feel better.

Start small. Stay consistent. Let the ladder do the rest.

Start with these first:

Hydrate – drink earlier, not just at practice

Base – eat a real meal 3–4 hours before activity

Restore – eat carbs + protein after activity

A Day Using This Guide

One of the easiest ways to use this guide is to see what it looks like in a normal day.

This doesn't need to be perfect, and every day will look a little different depending on school, practice times, and schedules. But when you zoom

out, most days follow a similar rhythm. The goal is simply to support your athlete's body at the right times.

A typical day might start with hydration and a full meal before school. This could be something quick like eggs and toast, oatmeal, or a breakfast burrito. Nothing complicated, just something that gives the body a real starting point.

If practice or a game is later in the day, a Base meal would happen 3-4 hours beforehand. This is a more complete meal with carbs, protein, and some fruits or vegetables. Something like a rice bowl, a wrap, or a sandwich with fruit works great here.

As you get closer to activity, you might add a Prepare option 1-2 hours before. This is where something lighter comes in, like yogurt with fruit, toast with peanut butter, or cereal and milk. The goal is just to top things off without feeling too full.

Right before activity, if needed, an Ignite option can help give a quick boost. This is something small and easy like a banana, applesauce, or a few pretzels. Not a full snack, just enough to get going.

If activity lasts longer than 60-75 minutes or includes multiple games, this is where Play Fuel comes in. Small amounts of quick energy during breaks. Options like orange slices, applesauce, honey sticks, or a few pretzels can help keep energy steady and avoid that mid-game drop.

Once everything is done, the focus shifts to Restore. This is one of the most important pieces. A meal or snack with carbs and protein, such as chocolate milk and fruit, a turkey sandwich, or rice and chicken, helps the body recover, rebuild, and get ready for the next day.

That's it. It doesn't have to be complicated. It just needs to follow the flow.

Keep It Simple

This doesn't need to be complicated. You don't need a full plan, a perfect schedule, or a bunch of different meals. Most of the time, the best approach is to keep it straightforward and repeat what works.

When in doubt, just follow the flow and pick one option from each stage when it makes sense for your day.

Ladder Flow:

Hydrate → Base → Prepare → Ignite → (Play Fuel if needed) → Restore

Pick 1 and Go:

Hydrate

Drink water consistently throughout the day

Base (3–4 hours before)

Pick one full meal

Prepare (1–2 hours before)

Pick one light option

Ignite (30–45 minutes before)

Pick one quick snack

Play Fuel (only if needed)

Small amounts during longer activity (60-75+ minutes)

Restore (after activity)

Carbs + Protein

Hydrate
Your #1 Performance Enhancer
Video Link

All Day Water Bottle Habit



Why This Works:

- Keeps hydration consistent
- Helps energy, focus, and performance
- Prevents falling behind before activity
- Goal is drink $\frac{1}{2}$ your bodyweight in ounces each day

What You Need:

- Refillable Water Bottle
- Water

Instructions:

1. Fill your bottle
→ First thing in the morning
2. Bring it with you
→ School, practice, games
3. Sip throughout the day
→ Don't wait until you're thirsty

4. Refill as needed

Parental Shortcut Notes:

- If they don't see it, they won't drink it
- Keep a bottle in:
 - Backpack
 - Car
 - Sports bag

On hot or long training/game days increase total intake to 60-63% of your bodyweight in ounces

2 Minute Electrolyte Water



Why This Works:

- Helps hydration absorb better
- Replaces minerals lost in sweat
- Great for hot or long training days
- Optional: Add honey for additional carbs

What You Need:

- Water
- Electrolyte packet OR
- Pinch of salt + squeeze of lemon

How to Make Instructions:

1. Fill bottle with water
2. Add electrolytes
→ Packet OR salt + lemon
3. Shake or stir
4. Drink

Parental Shortcut Notes:

Use on:

- Hot days
- Long practices
- Multiple game days
- Tournaments

2 Minute Fruit + Water Combo



Why This Works:

- Adds extra fluids through food
- Natural carbs + hydration
- Easy to pair with meals

What You Need:

- Water
- Fruit (strawberries, orange, berries, kiwi, apple, etc.)

How to Make Instructions:

1. Fill water bottle

2. Grab fruit
3. Eat + drink together

Parental Shortcut Notes:

- This is an easy win:
 - Before school
 - Before practice

Coconut Water



Why This Works:

- Natural electrolytes
- Helps hydration after sweating
- Easy recovery drink

What You Need:

- Coconut water

Instructions:

1. Open bottle
2. Drink

Parental Shortcut Notes:

- Great post-practice option
- Keep a few in the fridge

- May want to mix into or dilute with water. Also can add to smoothies.

Base Meals

Build Your Foundation (3-4 Hours Before Activity)

Video Link

15-Minute Chicken Wrap



Why This Works:

- Carbs = Tortilla (energy)
- Protein = Chicken (strength)
- Veggies = Nutrients

What You Need:

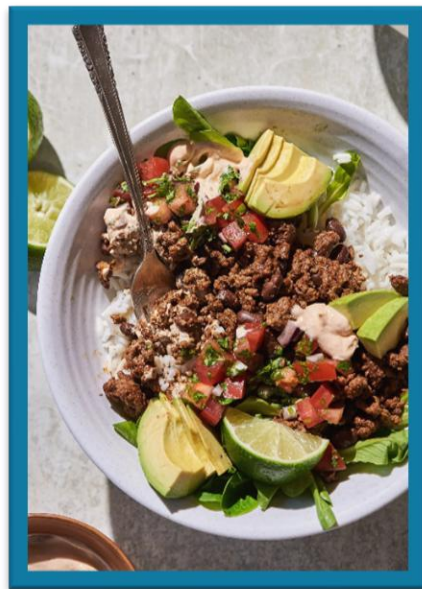
- 1 tortilla
- 1 cooked chicken breast (or rotisserie chicken)
- Handful of lettuce or spinach
- 1–2 tbsp dressing or sauce
- Optional: cheese or avocado

How to Make Instructions:

1. Lay the tortilla flat
→ Put it on a plate or counter
2. Add the chicken
→ Cut chicken into small pieces
→ Place in the center

3. Add veggies
 - Grab a handful of lettuce
 - Put it on top of the chicken
4. Add sauce
 - Drizzle a small amount
5. Wrap it
 - Fold the sides in
 - Roll it like a burrito
6. Eat
 - Cut in half if you want
 - Done

15 Minute Quick Taco Bowl



Why This Works:

- Carbs = Rice
- Protein = Ground Beef/Turkey
- Veggies = Lettuce + Toppings

What You Need:

- 1 cup cooked rice (microwave rice = easiest)
- 1/2 lb ground beef or turkey
- 1/2 cup shredded lettuce

- 1–2 tbsp salsa or taco sauce
- Optional: cheese, avocado

How to Make Instructions:

1. Cook the meat
 - Put pan on stove
 - Turn heat to medium
 - Add meat
 - Break it apart with a spoon
 - Cook until no pink is left (about 5–7 minutes)
2. Heat the rice
 - Put rice in bowl
 - Microwave for 1–2 minutes
3. Build the bowl
 - Rice goes on bottom
 - Add meat on top
4. Add toppings
 - Add lettuce
 - Add salsa or sauce
5. Mix and eat

Parental Shortcut Notes:

- Use pre-cooked taco meat OR rotisserie chicken
- Use microwave rice = saves 10 minutes

10 Minutes Egg & Breakfast Burrito



Why This Works:

- Carbs = Tortilla
- Protein = Eggs
- Optional Veggies = Bonus Nutrients

What You Need:

- 2–3 Eggs
- 1 Tortilla
- Small handful cheese
- Optional: Spinach, Peppers

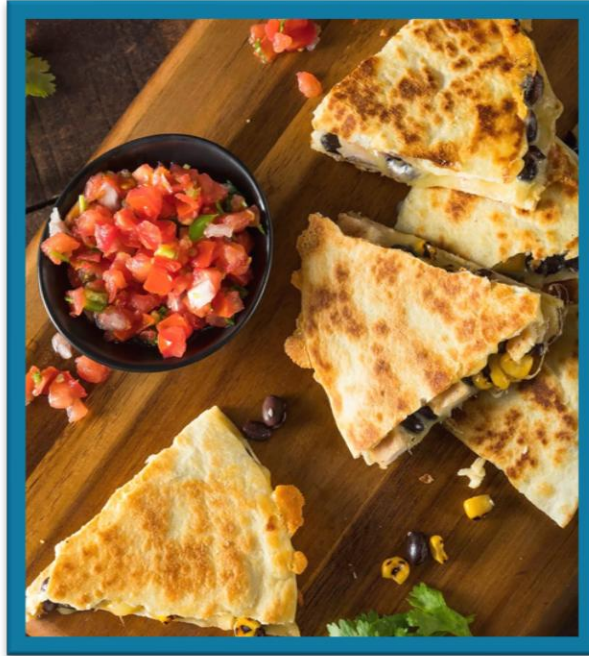
How to Make Instructions:

1. Crack eggs
 - Crack eggs into bowl
 - Mix with fork
2. Cook eggs
 - Heat pan (medium heat)
 - Add eggs
 - Stir until cooked
3. Warm tortilla
 - Microwave tortilla for 10–15 seconds
4. Build burrito
 - Put eggs in center
 - Add cheese + extras
5. Wrap it
 - Fold sides
 - Roll tightly

Parental Shortcut Notes:

- Make Extra Eggs = Breakfast for Next Day
- Pre-chopped Veggies Save Time

10 Minute Quick Quesadilla Plate



Why This Works:

- Carbs = Tortilla
- Protein = Chicken/Cheese (Lite)
- Add Fruit/Veggies = Complete Meal

What You Need:

- 1–2 tortillas
- Cooked Chicken OR Cheese (Lite)
- Optional: Peppers or Spinach
- Fruit on side

How to Make Instructions:

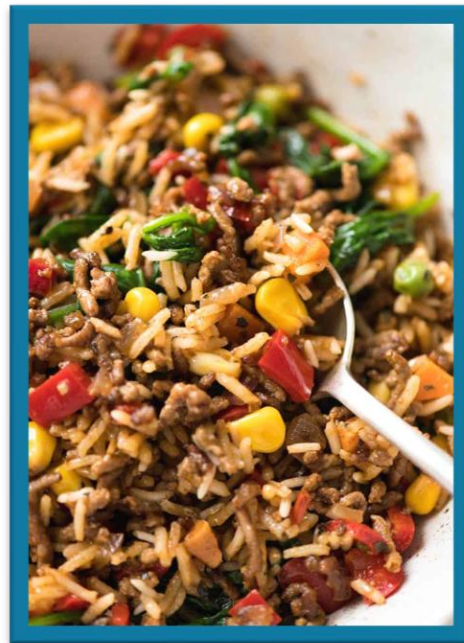
1. Heat pan
→ Medium heat
2. Add tortilla
→ Place flat in pan
3. Add filling
→ Add Chicken or Cheese (Go lite on the cheese)
→ Add Veggies if using

4. Add second tortilla (or fold)
→ Press lightly
5. Cook
→ Wait 2–3 minutes
→ Flip carefully
6. Cut and serve
→ Cut into triangles
→ Add fruit on side

Parental Shortcut Notes:

- Use Rotisserie Chicken
- Pre-shredded Cheese Saves Time

15 Minutes Ground Beef + Rice Bowl



Why This Works:

- Carbs = Rice + Veggies
- Protein = Beef
- Uncomplicated, filling, great energy

What You Need:

- 1 cup Cooked Rice
- 1/2 lb Ground Beef

- Salt or other seasoning
- Optional: Small Veggie Side (Fist Size)

How to Make Instructions:

1. Cook the beef
 - Put pan on stove (medium heat)
 - Add beef
 - Break it apart with spoon
 - Cook until brown (no pink)
2. Heat rice
 - Microwave rice for 1–2 minutes
3. Build bowl
 - Put rice in bowl
 - Add beef on top
4. Add seasoning
 - Light salt or other seasoning
5. Eat

Parental Shortcut Notes:

- Cook extra beef = use for 2–3 meals
- Microwave rice saves major time

15 Minute Chicken + Pasta Bowl



Why This Works:

- Carbs = Pasta + Veggies
- Protein = Chicken
- Easy, familiar, great for athletes

What You Need:

- Pasta
- Cooked Chicken
- Olive oil or light sauce
- Optional: Small Veggie (Fist Size)

How to Make Instructions:

1. Cook pasta
 - Boil water
 - Add pasta
 - Cook 8–10 minutes
2. Heat chicken
 - Microwave or pan heat
3. Combine
 - Put pasta in bowl
 - Add chicken
4. Add sauce
 - Light drizzle (don't overdo it)
5. Eat

Parental Shortcut Notes:

- Use rotisserie chicken
- Make extra pasta for next day

10 Minute Rice + Eggs Power Bowl



Why This Works:

- Carbs = Rice + Additional Veggie (fist sized)
- Protein = Eggs
- Cheap, easy, effective

What You Need:

- 1 cup Rice
- 2-3 Eggs
- 1 small Vegetable
- Salt
- Optional: soy sauce

How to Make Instructions:

1. Heat rice
 - Microwave 1-2 minutes
2. Cook eggs
 - Crack into pan
 - Cook until done
3. Build bowl
 - Put rice in bowl
 - Add eggs on top
 - Add optional vegetables
4. Add seasoning
 - Light salt or soy sauce

5. Eat

Parental Shortcut Notes:

- This is a “nothing in the fridge” meal
- Always keep eggs + rice on hand

Prepare Meals

Top Off Your Energy (1-2 Hours Before Activity)

Video Link

5 Minute Yogurt Power Bowl



Why This Works:

- Carbs = Granola + Fruit
- Protein = Yogurt
- Light + easy to digest

What You Need:

- 1 cup Greek yogurt
- 1/2 cup granola
- 1/2 cup fruit (berries or banana)

How to Make Instructions:

1. Get a bowl
→ Any bowl works

2. Add yogurt
→ Scoop into bowl
3. Add granola
→ Sprinkle on top
4. Add fruit
→ Slice banana OR add berries
5. Eat
→ Grab a spoon
→ Done

5 Minute Peanut Butter Banana Sandwich



Why This Works:

- Carbs = Bread + Banana
- Protein = Peanut Butter
- Light, quick, and filling

What You Need:

- 2 Slices Bread
- 1 Banana
- Peanut butter

How to Make Instructions:

1. Lay bread down
→ Place both slices on a plate

2. Add peanut butter
 - Spread a thin layer on each slice
3. Slice banana
 - Peel banana
 - Cut into small round pieces
4. Build sandwich
 - Put banana slices on bread
 - Put top slice on
5. Eat

Parental Shortcut Notes:

- Use pre-sliced bread + keep bananas on counter = no prep thinking
- Can also make open-faced if in a rush
- Can add honey as an option as well

3 Minute Cereal + Milk + Fruit



Why This Works:

- Carbs = Cereal
- Protein = Milk
- Super easy to digest

What You Need:

- 1 Bowl Cereal

- Milk
- 1 Banana or Other Fruit

How to Make Instructions:

1. Get a bowl
→ Any bowl works
2. Add cereal
→ Fill about halfway
3. Add milk
→ Pour until cereal is covered
4. Add fruit
→ Slice banana OR eat on side
5. Eat

Parental Shortcut Notes:

- This is the “we have 5 minutes” meal
- Keep it stocked at all times

5 Minute Berry + Banana Smoothie Fuel



Why This Works:

- Carbs = Fruit
- Protein = Yogurt
- Easy to drink, easy to digest

What You Need:

- 1 Banana
- 1/2 cup Frozen Berries
- 1/2 cup Greek Yogurt
- Splash of Milk

How to Make Instructions:

1. Get blender
→ Place on counter
2. Add ingredients
→ Put everything in blender
3. Blend
→ Blend until smooth
4. Pour
→ Pour into cup
5. Drink

Parental Shortcut Notes:

- Pre-make smoothie bags (fruit ready to go)
- Great for kids who “don’t feel like eating”
- Get creative and find mixes they enjoy.
- Great way to “sneak” in nutritious foods they may not typically choose

5 Minute Rice Cakes + Peanut Butter + Banana

Why This Works:

- Carbs = Rice Cakes + Banana
- Protein = Peanut Butter
- Light, fast fuel

What You Need:

- 2 Rice Cakes
- Peanut Butter
- 1 Banana

How to Make Instructions:

1. Lay rice cakes down
2. Spread peanut butter
3. Slice banana
4. Add on top
5. Eat

Parental Shortcut Notes:

- Great for kids who don't want a "meal"
- Very easy to pack
- Add or substitute honey for peanut butter

Ignite Meals
Your Pre-Game Spark (30-45 Minutes Before Activity)

Video Link

5 Minute Banana + Honey Toast



Why This Works:

- Fast carbs = Quick Energy
- Light and easy to digest
- Perfect before activity

What You Need:

- 1-2 slices bread
- 1 banana
- Honey

How to Make Instructions:

1. Toast the bread
→ Put bread in toaster
2. Add banana
→ Slice banana
→ Place on toast
3. Add honey
→ Drizzle lightly on top

4. Eat

→ Minimal and fast

1 Minute Applesauce Pouch + Granola Bar



Why This Works:

- Fast carbs = Quick Energy
- Super easy to eat
- No digestion stress

What You Need:

- 1 applesauce pouch
- 1 granola bar

How to Make Instructions:

1. Grab applesauce pouch
2. Grab granola bar
3. Open both
4. Eat

Parental Shortcut Notes:

Keep these in:

- sports bags
- car
- pantry

No prep ever needed.

1 Minute Banana (Fruit) + Sports Drink



Why This Works:

- Banana = Fast carbs
- Sports drink = Quick hydration + sugar
- Very game-ready

What You Need:

- 1 Banana (Other Fruit)
- 1 Sports Drink

How To Make Instructions:

1. Peel banana
2. Open drink
3. Eat + sip

Parental Shortcut Notes:

- This is one of the best pre-game combos
- Especially for nervous stomachs
- Feel free to choose a different fruit. Aim for one that works well with your stomach.

1 Minute Fruit Snacks + Crackers



Why This Works:

- Quick sugar + carbs
- Easy to chew
- Great for younger athletes

What You Need:

- 1 Pack fruit snacks
- Small handful crackers

How to Make Instructions:

1. Open fruit snacks
2. Grab crackers
3. Eat

Parental Shortcut Notes:

- Perfect backup snack
- Keep extras in every bag
- Feel free to substitute dried fruit snakes as well

1 Minute Graham Crackers + Juice



Why This Works:

- Fast carbs = Graham Crackers + Juice
- Easy to digest
- Great quick energy before activity

What You Need:

- 2–3 Graham crackers
- Small glass of juice

How to Make Instructions:

1. Grab graham crackers
→ Break into squares if needed
2. Pour juice
→ Small glass
3. Eat + drink

Parental Shortcut Notes:

- Keep juice boxes + crackers ready
- Great for younger athletes

1-2 Minute Dry Cereal + Fruit



Why This Works:

- Fast carbs = Cereal + Fruit (fist sized)
- No prep
- Easy to eat anywhere

What You Need:

- Small handful dry cereal (Prioritize cereals that are low in artificial colors and sugars)
- 1 Banana, Apple, or other fruit option the size of your fist

How to Make Instructions:

1. Grab cereal
→ Small handful or small bag
2. Peel banana
3. Eat

Parental Shortcut Notes:

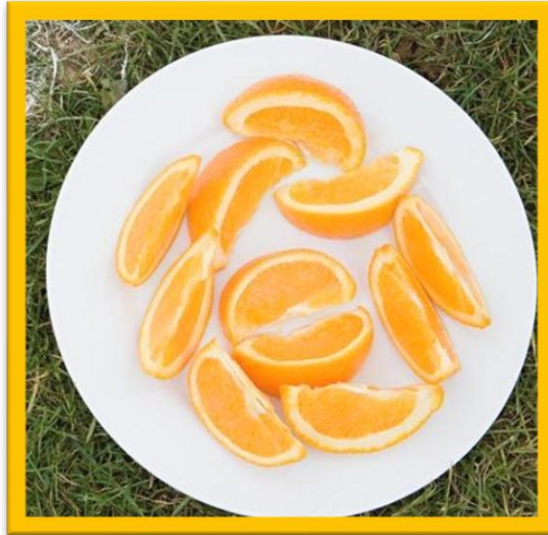
- Put cereal in small bag ahead of time
- Perfect for “walking into practice” moments

Play Fuel

Only When Needed (60+ Minute Activities or Multiple Games)

Video Link

Orange Slices



Why This Works:

- Quick carbs for energy
- High water content = helps hydration
- Easy to eat during breaks

What You Need:

- 1–2 Oranges

How to Make Instructions:

1. Peel the orange
→ Remove the outer skin
2. Break into slices
→ Pull apart into wedges
3. Eat a few slices
→ During a break or timeout

Parental Shortcut Notes:

- Pre-slice and bring in a container
- Great for teams to share

1 Minute Half Banana



Why This Works:

- Fast carbs
- Easy on the stomach
- Quick energy boost

What You Need:

- 1 Banana

How to Make Instructions:

1. Peel banana
2. Eat half
→ Save the rest if needed
3. Eat during break

Parental Shortcut Notes:

- Cut/break banana in half before practice
- Wrap the other half for later

30 Second Applesauce Pouch



Why This Works:

- Fast sugar = quick energy
- Easy to consume quickly
- No chewing needed

What You Need:

- 1 Applesauce Pouch

How to Make Instructions:

1. Open pouch
→ Twist cap
2. Take a few squeezes
→ Don't need the whole pouch
3. Close and save if needed

Parental Shortcut Notes:

- Keep extras in every sports bag
- Perfect for fast-paced games

30 Seconds Pretzels



Why This Works:

- Easy digestible carbs
- Light and easy to digest
- Light salt
- Easy to portion

What You Need:

- Small handful pretzels

How to Make Instructions:

1. Grab a small handful
→ Not the whole bag
2. Eat during break

Parental Shortcut Notes:

- Pre-portion into small bags
- Easy grab for tournaments

Restore Meals (Post Activity Meal)
Rejuvenate & Come Back Stronger For Tomorrow

Video Link

2 Minute Chocolate Milk + Banana Recovery



Why This Works:

- Carbs = Banana + Milk Sugar
- Protein = Milk
- Super fast recovery

What You Need:

- 1 Glass Chocolate Milk
- 1 Banana

How to Make Steps:

1. Pour Milk
→ Fill glass
2. Grab Banana
→ Peel it
3. Eat + Drink

Parental Shortcut Notes:

- Keep this stocked ALWAYS
- Perfect for “we just got home and I’m starving” moments

10 Minutes Rice + Chicken Recovery Bowl



Why This Works:

- Carbs = Rice
- Protein = Chicken
- Perfect recovery combo

What You Need:

- 1 cup Rice
- 1 cooked Chicken Breast
- Optional: Veggies
- Sauce (soy, teriyaki, etc.)

How to Make Instructions:

1. Heat rice
→ Microwave 1–2 minutes
2. Cut chicken
→ Slice into small pieces
3. Combine
→ Put chicken on rice
4. Add sauce
→ Light drizzle
5. Eat

Parental Shortcut Notes:

- Use Rotisserie Chicken
- Make extra for next day lunch

10 Minutes Turkey Sandwich + Fruit



Why This Works:

- Carbs = Bread + Fruit
- Protein = Turkey
- Perfect recovery combo

What You Need:

- 2 Slices Bread
- 3–4 Slices Turkey
- Mustard or light mayo
- 1 Piece Fruit (fist size)

How to Make Instructions:

1. Lay out bread
→ Place on plate
2. Add turkey
→ Place evenly
3. Add spread
→ Light layer
4. Close sandwich
5. Add fruit on side

Parental Shortcut Notes:

- Make 2 at once = next meal covered
- Add cheese if extra calories needed
- Feel free to add other meat options if you prefer

7 Minute Protein Oatmeal + Fruit Bowl



Why This Works:

- Carbs = Oats (cupped handful) + Fruit (fist sized)
- Protein = Yogurt
- Great for recovery + refueling

What You Need:

- 1/2 cup Oats
- 1 cup Water or Milk
- 1/2 cup Greek Yogurt
- 1 Banana

How to Make Instructions:

1. Cook oats
→ Microwave or stove (follow package)
2. Add yogurt
→ Stir into oats
3. Slice banana
→ Add on top

4. Eat

Parental Shortcut Notes:

- Use instant oats = faster
- Add honey if kids need more calories

10 Minute Egg + Toast + Fruit



Why This Works:

- Carbs = Toast (cupped hand sized) + Fruit (fist sized)
- Protein = Eggs
- Optional addition = Avocado
- Perfect recovery combo

What You Need:

- 2-3 Eggs
- 2 Slices Toast
- Fruit (Fist Sized)

How to Make Instructions:

1. Cook eggs
→ Scramble or fry
2. Toast bread

3. Add fruit
4. Plate it
5. Eat

Parental Shortcut Notes:

- This works ANY time of day
- Breakfast = recovery meal

Final Note:

At the end of the day, this isn't about being perfect. It's about being consistent.

The SURGE Performance Ladder gives you a framework to make fueling for performance easier. When to eat, what to eat, and how to support performance without overcomplicating it. Hydrate early and often. Build a strong base meal. Top things off as you get closer. Use quick fuel when needed. Stay steady during longer activity. And when it's over, take the time to restore.

That's it.

The meals in this guide are intentionally simple, 15 minutes and under. They're not meant to be fancy or complicated. They're meant to work. Whether it be during busy school days, in between practices, during late nights, and in real-life situations where time and energy are limited. These are meals you can make quickly, repeat often, and rely on without having to think twice.

And just as important, they're flexible.

You don't need to follow anything exactly as written. Swap foods based on what you have. Adjust portions based on what your athlete needs. Change flavors, mix and match ingredients, and make these meals your own. The structure stays the same, but the details can shift to fit your preferences, your schedule, and your life.

That's where this becomes powerful.

When fueling is straightforward and repeatable, it actually happens. And when it actually happens, everything starts to change. Energy improves, recovery gets easier, and performance becomes more consistent.

This isn't about doing more. It's about doing the right things, more often.

Start with one or two meals. Build the habit. Keep it simple. And let the ladder do the rest.

If you want a deeper breakdown of how to fuel for performance, recovery, and long-term development, the full Surge Performance Ladder guide goes deeper into the system behind these meals.