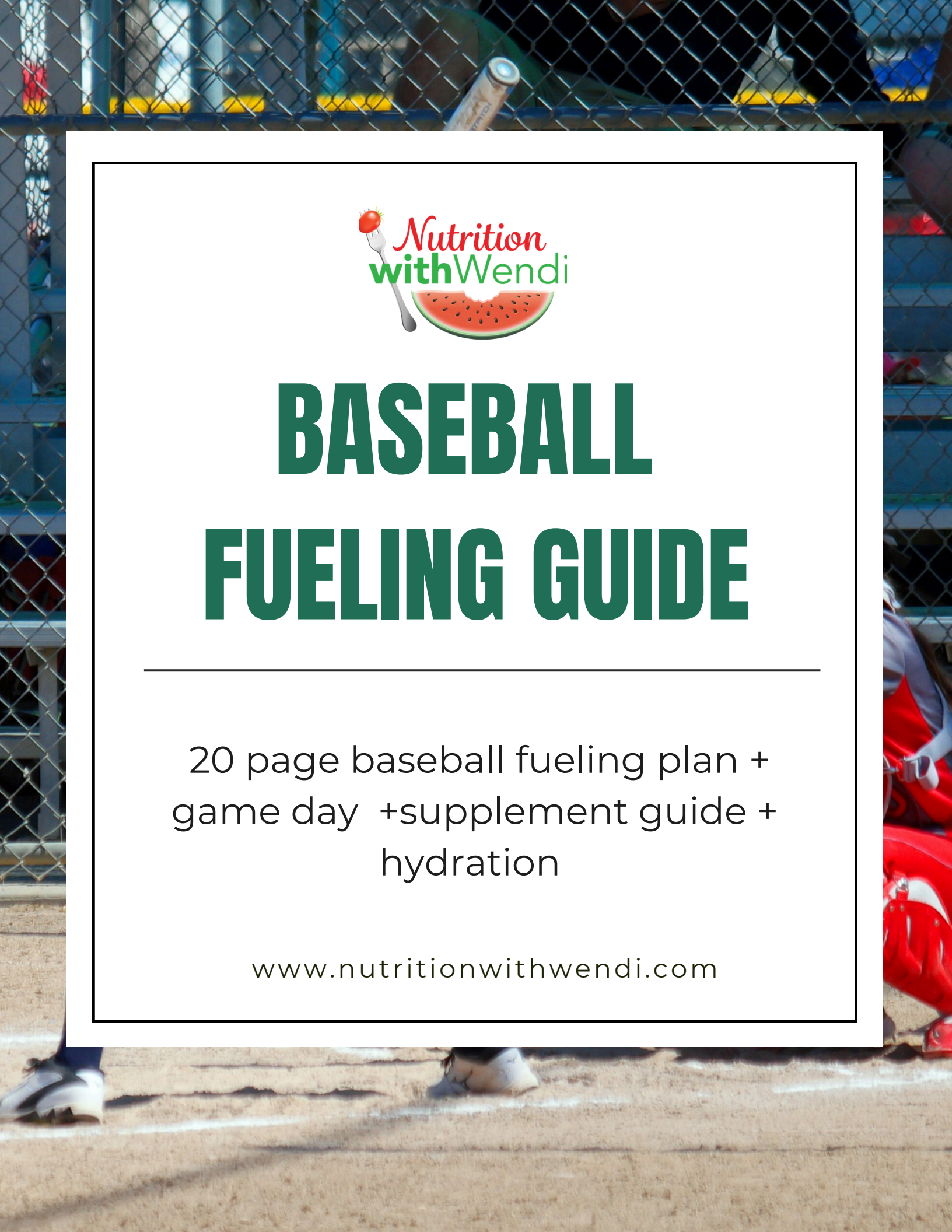


Nutrition withWendi

BASEBALL FUELING GUIDE

20 page baseball fueling plan + game day +supplement guide + hydration

www.nutritionwithwendi.com

Baseball Nutrition

20 page baseball fueling plan + game day
+supplement guide + hydration exclusive to NWW Members
created by Wendi Irlbeck, MS, RDN, LD, CISSN

Nutrition for Baseball

Breakfast



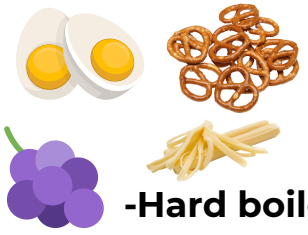
English muffin + fruit + Core Power + H20

Lunch



Double turkey sub + fruit + milk/H20 + pretzels

Snacks/Pre & Post-Workout/Game Day Pairings



-Greek yogurt parfait
-Protein oatmeal + fruit
-Protein shake + fruit
-Hard boiled eggs + chocolate milk + creatine



Dinner



Chicken steak rice veggie bowl + potatoes fruit cup + milk/H20

60 min-Pre-sleep



Cottage cheese + fruit for muscle growth recovery

Baseball Nutrition

20 page baseball fueling plan + game day +supplement guide + hydration

created by Wendi Irlbeck, MS, RDN, LD, CISSN

Nutrition for Baseball

Breakfast



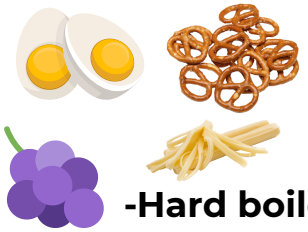
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Lunch



Double turkey sub + fruit + milk/H20 + pretzels

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-Greek yogurt parfait
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-Protein shake + fruit
-Hard boiled eggs + chocolate milk + creatine



Dinner



Chicken steak rice veggie bowl + potatoes fruit cup + milk/H20

60 min-Pre-sleep



Cottage cheese + fruit for muscle growth recovery

Creatine Supplementation

Proven benefits associated with creatine monohydrate supplementation

Maintain & build lean mass

Muscle recovery and reduced muscle breakdown post-training

Increased strength, speed, power output & muscular endurance

Reduced risk of injury

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Reduced risk of muscle cramping

Enhanced tolerance to exercise in the heat



Concussion and/or spinal cord neuroprotection

Note from NWW on Creatine & Youth Athletes!

"There is robust literature to support the beneficial effects creatine has on body composition, physical performance, injury prevention, recovery, brain health, and clinical use. **Currently, *NO negative/harmful effects* have been reported with the use of CM in both the adolescent and adult population.**

Adolescent athletes < 18 YO, and even children as young as infants, can safely consume CM. ***There is zero evidence to suggest CM supplementation would cause harm*, dehydration, cramping, or any other outlandish claims that have been disproven by Antonio et al., 2021.**

Not incorporating a CM supplement would be a disservice to your athletes or even yourself! If you have a beating pulse creatine monohydrate is for you!"

-Wendi Irlbeck, MS, RDN, LD, CISSN

Creatine Dosing & Timing



Any age, activity, and gender can safely use a 3rd party tested creatine monohydrate!

A standard dose of **3-5 g per day pre or post-resistance training paired with a carbohydrate.**

Mix creatine into Greek yogurt + fruit, chocolate milk + banana, oatmeal or a smoothie!! **Creatine is best absorbed with a CHO source present.**

*Loading is not necessary, but can provide a quicker strategy of saturating muscle cells.

Loading: 0.3 g/kg/BW per day for 7 days. Followed by a maintenance dose of 3-5 g thereafter.



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/nutritionwithwendi.com/blog/should-youth-athletes-use-creatine/

Certified for Sport Creatine Monohydrate Brands



Klean

BIOSTEEL

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Thorne



MOMENTOUS



Bare Performance Nutrition



NOW SPORTS

Ensure all supplements are third party tested for Sport via downloading these apps!

Supplement Safety

These logos represent the product has passed 3rd party testing and are FREE of any banned substances. Your eligibility and health aren't worth the risk!

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Use NSF or Informed Choice Certified for Sport supplements ! Unsure if your supplement is NSF Certified? Download the App!

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Foods to Mix With Creatine

- Pairing creatine with carbs enhances glycogen storage in the muscles post-workout.
- Creatine combined with carbohydrate boosts the amount of creatine in muscles by as much as 60% compared to creatine alone!
- 5-7 g of creatine post-training or on rest days at a meal.



Cherry juice



Protein shake + grapes



Protein oats



Greek yogurt parfait



Protein fruit smoothie



Chocolate milk + banana

NWW Supplement Stack



"Use NSF/Informed choice, USP third-party tested products only! Your health, safety, and athletic eligibility depends on it!"



Code WENDIIRLBECK for 15% off any Momentous products!

Post-Play Refuel

20 page baseball fueling plan + game day +supplement guide + hydration

Carbohydrate Options

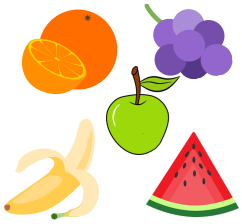
Fruit bar





Pretzels

Fruit



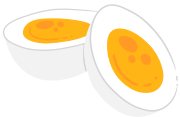


Apple Sauce

Cherry juice



Protein Options



Hard boiled eggs



Hummus /jerky



Cottage cheese



Yogurt Parfait



Protein bar



Pro shake /Choc Milk



String cheese



Greek yogurt

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Nutrition for Velocity

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Nutrition for Baseball

Breakfast



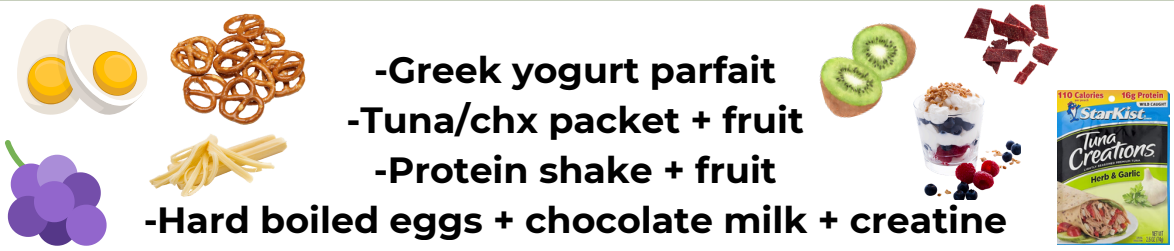
English muffin + fruit + Core Power + H20

Lunch



Double turkey sub + fruit + milk/H20 + pretzels

Snacks/Pre & Post-Workout/Game Day Pairings



-Greek yogurt parfait
-Tuna/chx packet + fruit
-Protein shake + fruit
-Hard boiled eggs + chocolate milk + creatine

Dinner



Chicken steak rice veggie bowl + potatoes fruit cup + milk/H20

60 min-Pre-sleep



Cottage cheese + fruit for muscle growth recovery

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

Drink 16 oz 1-2 hour before activity



During Activity > 60min

20 oz sports drink/electrolyte of sodium & carbs.



Post Activity

16-24 oz of H20 for every lb. lost during activity.

What to eat + Foods to avoid

20 page baseball fueling plan + game day +supplement guide + hydration

Foods to avoid the night before a game/competition!



UNFAMILIAR/ new/ spicy foods



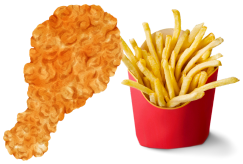
Alcohol and soda



Fast foods high in fat and oils



Foods high in sugar low in nutrition



Fried high fat foods



Too much fiber that may cause GI distress

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Night Before Game Day



Lean protein that digests easily



H20, minerals, cherry juice



Quality carbs I.e. Wrap/rice/potatoes



Honey protein oatmeal bowl



Lean grilled protein



Greek yogurt parfait or cottage cheese

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Baseball Athlete Menu

20 page baseball fueling plan + game day +supplement guide + hydration

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

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

12 pm Lunch: Grilled chicken wrap, mashed avocado, mixed veggies + pineapple + milk/H20

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

3 DAY Student Athlete PLAN

Day 1: Training day

- Breakfast: Eggs + sourdough banana PB toast Second breakfast: Protein fruit smoothie
- Lunch: Grilled chicken sandwich + melon + carrots + hummus
- Pre workout: Greek yogurt + berries +oats
- Post-workout: Chocolate milk + creatine + banana
- Dinner: Turkey tacos in whole grain wrap + rice + fruit
- PM: Casein protein shake + kiwi slices

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Day 2: Game Day

- Breakfast: Protein waffles + strawberries + Greek yogurt • Second breakfast: Breakfast burrito + H20
- Lunch: Turkey wrap + fruit + H20+ grapes/Core Power/LMNT packet
- Pre-game: Turkey sandwich + cherry juice + pretzels Post-game: Chocolate milk + creatine + fruit
- Dinner: Salmon fillet + roasted sweet potatoes + pineapple + rice
- PM: Protein ice cream + peanut butter

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Day 3: Recovery Day

- Breakfast: Protein overnight oats + Apple + milk + creatine
- Snack: 1/2 bagel + hard boiled eggs + fruit
- Lunch: Beef veggie rice bowl + blackberries +H20
- Snacks: Jerky + fruit or string cheese + cucumbers
- Dinner: Chicken thigh + green beans + berries + baby red potatoes

Snacks

- String cheese
- Protein oat cup
- Applesauce
- 100% fruit bar
- Protein powder
- Protein shake Core Power
- Chicken, steak or tuna
- Cottage cheese
- Greek yogurt
- 100% fruit bar
- English muffin + hone
- PB toast
- Apple + PB
- Cashews/almonds
- Dates
- Jerky
- Trail mix
- Fruit
- Appleasauce
- Protein pancake
- Honey Stinger
- Carrots + hummus
- Peppers + salsa
- Deli turkey
- Protein bar
- Banana + AB



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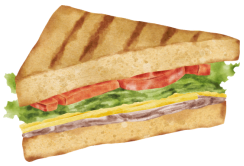
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Doubleheader Fuel + Pre-Activity Snacks

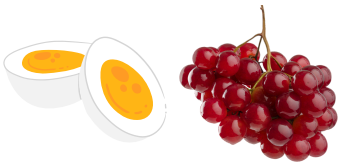
Nibble on protein + carb + 16-20 oz of H20 between games



Apple sauce
+ string cheese



Turkey sandwich
+ pretzels



Eggs
+ grapes



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



3-4 hours out
"chew"



Egg bagel
sandwich



Greek 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

Consistency >> Intensity!!

- **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!!**

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Baseball Gainer Snacks



Breakfast burrito + grapes



High kcal whey protein bar



Banana + whole milk + PB



Trail mix + 2-3 eggs



PB protein oat bites + Core Power

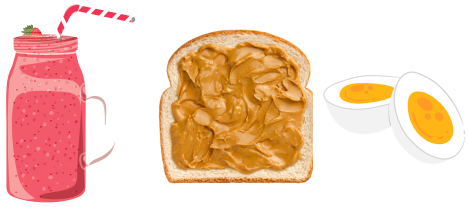


Nut butter sandwich + Fairlife

Sample Lean Out

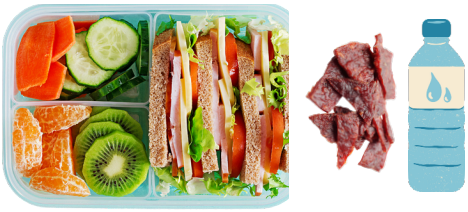
Nutrition for Baseball

Breakfast



Protein fruit spinach smoothie + PB toast + eggs

Lunch



Turkey cheese sandwich + fruit + jerky + milk/H20

Pre & Post-Workout/Game Day Pairings



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



Dinner



Grilled chicken, roasted veggies, rice + berries + H20

60 min-Pre-sleep



Cottage cheese + fruit for muscle growth recovery

Baseball Pitcher Meal Plan



Breakfast
Egg beef veggie rice omlette + blueberries



2nd breakfast
PB toast



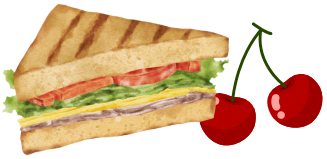
AM Snack
Banana +PB packet



Pre-Training
Grapes + string cheese + tuna



Lunch
Turkey sandwich + fruit & veggies + pretzels



PM Snack
Cherries + 1/2 turkey sandwich



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



Dinner
Grilled chicken, sweet potato + mixed veggies + milk

***Aim for 90-100 oz of H20 daily**
***Menu: 300+ g carbs 190 g protein roughly 3,000 kcal**

Sample Baseball Performance Nutrition Plan



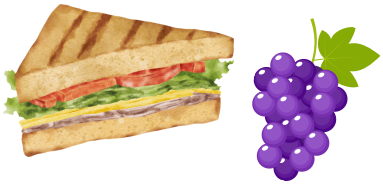
Breakfast
Bagel + egg + turkey + fruit + Core Power



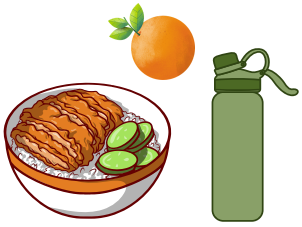
2nd breakfast
Yogurt oat parfait



AM Snack
Snack PB Banana toast + RX Protein bar



Pre-Training
1/2 turkey sandwich + grapes



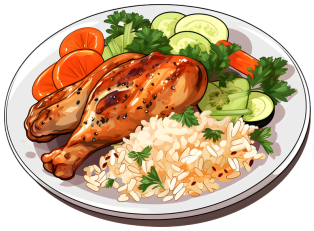
Lunch
Beef rice veggie bowl + fruit



PM Snack
Strawberries + cottage cheese + pretzels



Post-Training
Greek yogurt + chocolate milk + creatine



Dinner
Grilled chicken, sweet potato + mixed veggies + H20

100 oz fluid daily I 7-9 hours of sleep I Eat every 2-3 hours

Tips for Baseball Athletes

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H20 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 snack rich in 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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Fat Loss Meal Plan





2 egg veggie scramble + sourdough toast + apple + PB2

400 calories



6 oz salmon filet + roasted asparagus

300 calories



6 oz grilled chicken + cup riced cauliflower + roasted veggies

352 calories




Yogurt parfait + cucumber

334 calories



Jerky + banana

304 calories



Cottage cheese protein bowl

300 calories

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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



String cheese + grapes + Rx Bar

390 calories



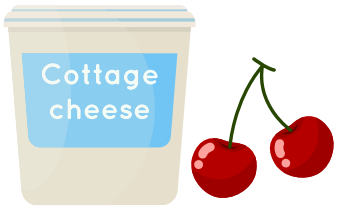
Greek Yogurt + fruit & honey + granola

380 calories



Protein shake + creatine & banana

240 calories



Cottage cheese + cherries

240 calories

Sample 3,600 Calorie Baseball Athlete Fueling Plan



Protein fruit smoothie + PB sandwich

750 calories



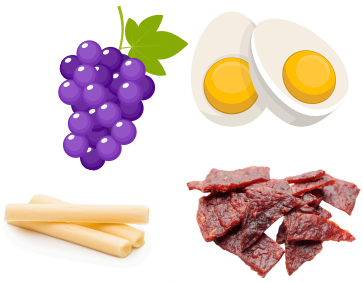
Turkey avocado sandwich + fruit & veggies/pretzels

600 calories



Salmon + rice, veggies, & electrolytes

700 calories



String cheese + grapes + Rx Bar

390 calories



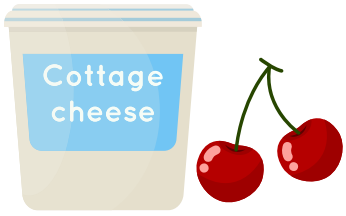
Greek Yogurt + fruit & honey + granola

380 calories



Protein shake + creatine & banana

240 calories



Cottage cheese + cherries

240 calories

Athlete Weight Gain

4,200 calorie example plan



Avocado egg toast x2 & blueberry protein smoothie

1000 calories



Turkey sandwich + hummus fruit & veggies + mixed nuts

850 calories



Double Chicken + rice, veggies, & coconut water

800 calories



String cheese + grapes + Rx Bar

400 calories



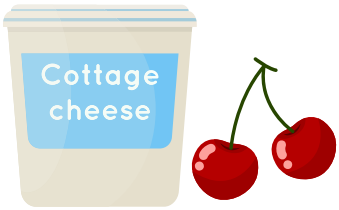
Greek Yogurt + fruit & honey + granola

550 calories



Protein shake + creatine & banana

300 calories



Cottage cheese + cherries

300 calories

Nutrition withWendi

Get it touch with us



LEARN MORE ABOUT OUR COACHING

HEALTH & PERFORMANCE PLAYBOOK

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