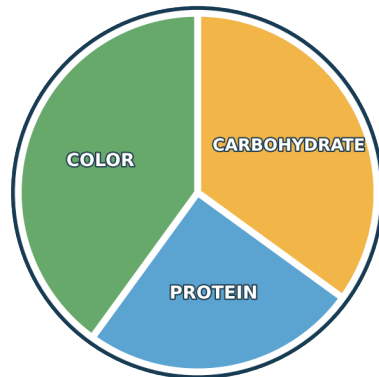


THE PERFORMANCE PLATE

A flexible visual for matching meals to the day's training demand.

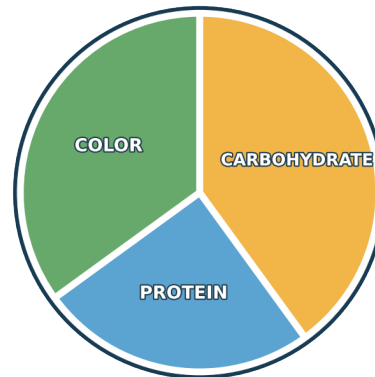
No single plate fits every day. As training becomes longer, harder, or more frequent, carbohydrate usually takes up more space. Protein stays steady; produce, fats, and fluids complete the meal.

EASY / RECOVERY DAY



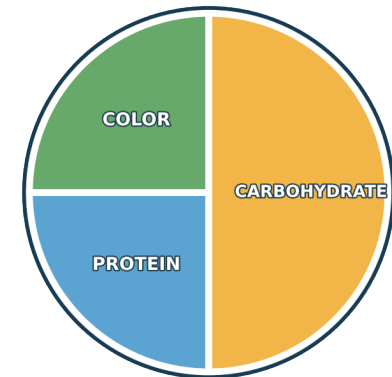
more color + steady fuel

MODERATE TRAINING



balanced starting point

HARD / MULTIPLE SESSIONS



more carbohydrate

Visual starting points - portions should be individualized for body size, sport, goals, appetite, access, and medical needs.

What goes on the plate

CARBOHYDRATE | primary training fuel

- Rice, pasta, bread, oats, cereal, potatoes, fruit, beans, tortillas, couscous.
- Increase the portion and/or add sides on higher-demand days.

PROTEIN | repair + adaptation

- Eggs, dairy/soy, poultry, fish, lean meat, tofu, tempeh, beans, lentils.
- Distribute protein across meals and snacks.

COLOR | micronutrients + variety

- Use fruits and vegetables you enjoy - fresh, frozen, canned, or dried all count.
- Aim for variety over the week, not perfection at each meal.

FATS + FLUIDS | energy + hydration

- Include oils, avocado, nuts, seeds, nut/seed butters, or fatty fish.
- Drink regularly; add sodium/electrolytes when sweat losses and session demands warrant it.



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