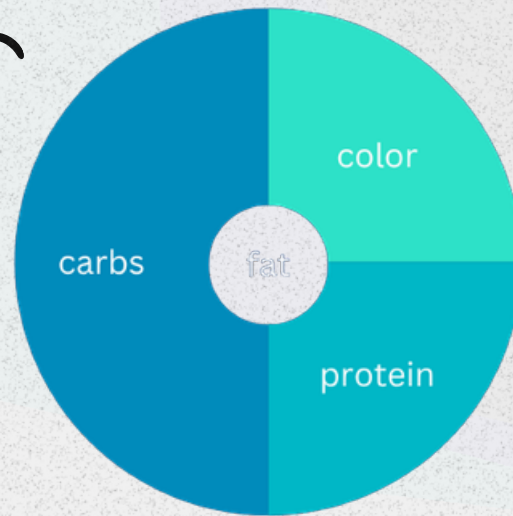




STEAK



PLATE METHOD



Eat at least 20-40g complete protein per full meal. Aim for 1.6-2.2g/kg protein per day.

Eat more carbs on hard training days & doubles. Shoot for 6-10g/kg carbs per day.

TRAIL MIX



Check out the "How Do I know if I'm eating enough" guide and "Getting Good Calories."

Add in one additional nutrient/calorie dense snack per day. You need a slight surplus (250-500 calories) to fuel growth.



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DRIED FRUIT



YOGURT PARFAIT



Have quick carbs before practice and during long practices.

Eat a carb + protein snack after training. Aim for at least 10-15g protein and 2-4x more carbs.

ORANGE JUICE



Add in juice and/or milk as part of your hydration plan. Liquid calories are helpful when not hungry.



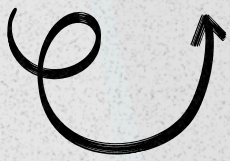
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CREATINE



VITARGO



Consider creatine monohydrate (3-5g/day OR 0.1g/kg) once basics are covered. Consistency is key.

Consider carb supplements after a food first approach.

FAIRLIFE



Consider protein supplements after a food first approach.



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SLEEP = GROWTH



CONSISTENCY = KING



Get 8-10+ hours of sleep per night. Muscle does not grow without good sleep!

Be consistent with both fueling and dryland training. Eliminate fueling gaps longer than 2 hours.

PATIENCE = THE PLAN



Be patient. Remember that your growth journey looks different from your teammate.



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