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REGISTERED HOLISTIC NUTRITIONIST™



Your littles may not be quite ready to join team sports, but I assure you there is no better time than now to plan for excellent nutrition to match growth and activity. If you have older kids, this newsletter is for you!



"Effective nutrition is important for all athletes, especially kids/adolescents who are in their peak of growth and development. Ensuring athletes eat three meals daily, in addition to snacks, is a great place to start".

THE BASICS

Eat foods rich in calcium, such as fortified milk, yogurt, cheese, dark green leafy vegetables, organic edamame. Choose food sources whenever possible rather than supplements.



Incorporate vitamin D. At least 20 minutes outdoors in the sun each day. Add Fatty fish, or egg yolks. If recommended by your health care provider, kids can take a daily vitamin D supplement! (Testing levels is crucial).

Two to four hours before exercise or a game, eat a meal that is high in complex carbohydrates and low in protein and sugar.



After training, it is best to refuel within 30 to 60 minutes with a snack that has an approximate 4:1 ratio of carbohydrates to protein with some healthy fats. Carbs are beneficial for recovery, and protein works to repair and rebuild muscles. Healthy fats help your body build healthy cells and hormones.

SPORTS TOURNAMENTS MEAL IDEAS

Breakfasts

- Kiwi Green Smoothie
- Pumpkin Pie Baked Oatmeal
- Sweet Potato Pancakes 2.0
- Baked Broccoli & Feta Egg Cups 2.0

Lunches

- Greek Mason Jar Salad & Chicken
- Cajun Turkey with Green Beans & Rice
- Greek Pasta Salad
- Rainbow Veggie Pinwheels
- Turkey Meatball Skewers
- Edamame Tuna Salad 2.0

Snacks

- Baby Carrots & Hummus
- Apple with Almond Butter
- Hard Boiled Eggs
- Toasted Trail Mix
- Meal Prep Cauliflower Pizza Bites
- Banana with Almond Butter
- Edamame
- Select peperettes/meat sticks
- Cowboy caviar
- Avocado Brownies

Dinners

- Thai Basil Turkey with Bok Choy & Rice
- Curried Chicken Slow Cooker Stew
- Italian Chicken Meal Prep Bowl
- Lentil & Feta Tabbouleh



WHAT THE NUTRITION!?!

Pumpkin Pie Baked Oatmeal

- 2 cups Pureed Pumpkin
 - 2 Egg
 - 1/2 cup Maple Syrup
 - 1 tbsp Pumpkin Pie Spice
 - 1 tsp Vanilla Extract
 - 3/4 tsp Baking Powder
 - 1/2 tsp Sea Salt
 - 1 cup Unsweetened Almond Milk
 - 2 1/2 cups
 - Oats (rolled or quick)
 - 1/4 cup Ground Flax Seed
 - 1/4 cup Pumpkin Seeds
 - 1 Scp protein powder
- Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
- In a large bowl, whisk together the pumpkin, eggs, protein, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

