



PRE-SEASON NUTRITION GUIDE FOR YOUTH HOCKEY PLAYERS

**GET FASTER. GET STRONGER. SHOW UP READY
FOR GAME 1.**

*BUILT BY A CERTIFIED HOCKEY PERFORMANCE NUTRITION
COACH*





INTRODUCTION

The pre-season is short — but these final weeks before the season are your chance to step onto the ice faster, stronger, and more confident than ever.

Every stride in practice, every scrimmage, and every rep in the gym matters right now. And the biggest difference-maker? Your fueling.

I'm not just a sports nutritionist — I'm a certified performance nutrition coach, certified strength & conditioning coach, and USA Hockey Level 4 coach who works exclusively with hockey players. I've helped hundreds of youth athletes fuel smarter, train harder, and show up for Game 1 in peak condition.

This isn't a generic meal plan. It's a hockey-specific fueling system designed to make these final weeks before the season your player's most productive yet.



HOW PRE-SEASON NUTRITION IMPACTS PERFORMANCE

If your player is training hard but under-fueling, progress will stall. Here's what the right nutrition can unlock:

- **Speed Gains:** Carbs are the #1 fuel source for both on-ice and off-ice training.
- **Strength Gains:** Muscle needs fuel — especially post-weight training and post practice.
- **Recovery:** Faster turnaround = better quality practices and scrimmages.
- **Growth:** Strategic calories support lean mass without slowing them down.
- **Confidence:** Feeling fueled, focused, and physically prepared sets the tone for the season.



THE 3 PILLARS OF PRE-SEASON FUELING

1. Eat for the Work You Want to Do

On high-output days, fuel like a machine. On off days, don't skip — recovery is the work.

- More training = more carbs
- Recovery day $\neq$ low-calorie day

2. Time It Right

- 🕒 Eat within 30 minutes of waking
- 🏒 Fuel 60–90 minutes before practice or training
- 💪 Refuel within 30 minutes after
- 🌙 Include a bedtime snack for recovery

3. Consistency > Perfection

One perfect meal doesn't fix five low-fuel days. Build a repeatable rhythm now so it's automatic when games start.



COMMON MISTAKES THAT SLOW PRE-SEASON MOMENTUM

Even with good intentions, a few small habits can quietly stall your player's development — especially during the off-season. These are the most common mistakes I see when working with youth hockey players and their families:

- ✗ Prioritizing “healthy” over effective (grilled chicken + veggies = too low calorie)
- ✗ Skipping meals on off days = stalled recovery
- ✗ Poor fueling around training = wasted sessions
- ✗ Depending on junk to “catch up” = bad weight gain
- ✗ Relying on protein shakes, bars, and supplements instead of real food
- ✗ Eating too light before bed = missed growth window



SAMPLE DAY: HIGH-PERFORMANCE MEAL FLOW

Here's what a clean, performance-optimized day could look like:

Breakfast (~600–700 cal):

Oatmeal with berries, peanut butter, and maple syrup
Scrambled eggs + toast
Glass of 100% orange juice

Morning Snack (~300 cal):

Greek yogurt + granola + honey
Banana or dates

Lunch (~800–900 cal):

Turkey and cheese sandwich on whole grain bread with mayo or avocado
Baby carrots or cucumber slices with hummus
Cheese stick or handful of almonds
Apple or banana



SAMPLE DAY: HIGH-PERFORMANCE MEAL FLOW (CONTINUED)

Pre-Training Snack (~300 cal):

Bagel with jam or peanut butter
Water + banana or small homemade fruit smoothie

Post-Training (~350–500 cal):

Chocolate milk or protein shake
Fruit or granola bar

Dinner (~800–1000 cal):

Burrito bowl with rice, steak or chicken, avocado, beans, cheese
Side of roasted veggies
Tortilla chips with salsa

Bedtime Snack (~250–400 cal):

Peanut butter toast
Yogurt with berries
Milk or recovery shake



EMERGENCY SNACKS FOR HOCKEY FAMILIES

Busy schedule? Keep these on hand:

- Trail mix or nut butter packets
- Muffins or granola bars
- String cheese + crackers
- Smoothies in thermos cups
- PB&J or turkey wraps in cooler bags
- Chocolate milk cartons



HOW TO FUEL BASED ON TRAINING DAYS

How much your player trains should guide **how** they eat — not **if** they eat.

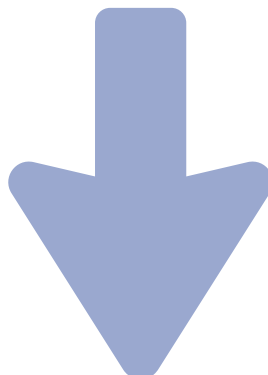


Hard Training Days (Back-to-back skates or workouts)
They burn the most fuel.

- ➡ Add extra carbs like pasta, rice, and bread
- ➡ Keep protein steady to help recover
- ➡ Stick to familiar, easy-to-digest meals



Think: “Fuel up for performance”





HOW TO FUEL BASED ON TRAINING DAYS (CONTINUED)

⚙️ Moderate Training Days (Single practice or workout)
Fuel needs are still high — just not maxed out.

- ➡️ Carbs stay moderate
- ➡️ Protein stays consistent
- ➡️ Slightly fewer extras, but still full meals

🧠 Think: “Keep it steady, don’t back off”

🔧 Off or Recovery Days
This is when growth actually happens.

- ➡️ Carbs still matter (don’t skip them)
- ➡️ Bump up protein to repair and rebuild
- ➡️ Add healthy fats (like avocado, nuts, olive oil)

🧠 Think: “Repair mode, not diet mode”

Remember:

Your player doesn’t need less food on off days — they need **better recovery fuel.**



BONUS TIPS FOR PICKY EATERS

If your player struggles with appetite or avoids certain foods, you're not alone.

These simple strategies can help sneak in extra calories and reduce food battles — while still supporting performance, growth, and recovery:

- Use smoothies, shakes, and soft textures
- Stick with favorite flavors (sweet > savory if needed)
- Sneak calories in (add oils, nut butters, avocado)
- Offer 2–3 “safe” go-to high-calorie foods always available
- Use lunchbox-style plates and small servings to avoid overwhelm



WANT THIS PERSONALIZED FOR YOUR PLAYER?

This guide gives you the blueprint — but if you want help turning it into a real plan tailored to your player's goals, schedule, and appetite, there are three powerful ways to take the next step.

The pre-season doesn't last long — but it's the critical window to build speed, strength, and game-day readiness.

The right nutrition strategy now can be the difference between hitting Game 1 ready to perform... or starting the season a step behind.

On the next page, you'll see exactly how to turn effort into results — with options built for real hockey families who are ready to level up before the puck drops.

Let's take this from information to transformation.



THE HPN PLAYBOOK

The HPN Playbook

Designed for busy hockey families who want **real results without the guesswork.**

HPN Playbook Pro– Monthly membership includes:

- ✓ Weekly tips + snack ideas
- ✓ Game/practice day fuel plans
- ✓ Simple strategies that work for real life

HPN Playbook Elite– Everything in PRO, plus:

- ✓ Access to private Q&A coaching
- ✓ Exclusive downloads
- ✓ Discounts on 1-on-1 coaching

👉 Perfect if you want ongoing support while limiting cost and time commitment.



WANT A FULLY CUSTOM PLAN?

Apply for my **1-on-1 Pre-Season Elite 1-On-1 Coaching Program** — spots are limited, but results are unmatched.

Whether your player needs to:

- ✓ Build hockey-ready size, speed and strength
- ✓ Fuel better for practices, workouts and games
- ✓ Recover faster to handle back-to-back training days.
- ✓ Finally stop guessing with nutrition

...I'll help you build a strategy that works in your real-life schedule.



Only a few spots still available



The pre-season may be short — but it's the perfect window to create real, game-ready change.



Visit **HockeyPerformanceNutrition.com** to learn more about our programs and sign up today.