



# IN-SEASON NUTRITION GUIDE FOR YOUTH HOCKEY PLAYERS

**STAY FUELED. STAY SHARP. SHOW UP READY  
EVERY GAME.**

*BUILT BY A CERTIFIED HOCKEY PERFORMANCE NUTRITION  
COACH*





# INTRODUCTION

The season is long – but every week is a new chance to stay strong, sharp, and ready to compete.

Every shift on the ice, every practice, and every game-day recovery matters. 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, recover faster, and perform their best all season long.

This isn't a generic meal plan. It's a hockey-specific fueling system designed to help your player maintain energy, focus, and strength from the first puck drop to playoffs.



## HOW IN-SEASON NUTRITION IMPACTS PERFORMANCE

If your player is skating hard but not fueling enough, both physical and mental performance will drop fast – and the risk of injury will rise.

Here's what the right nutrition drives throughout the season:

**Consistent Energy:** Carbs are the #1 fuel source for games, practices, and tournaments.

**Strength + Power:** Muscles need steady fuel – especially after games or workouts.

**Recovery:** Proper nutrition helps players bounce back stronger between games and travel days.

**Growth:** Balanced calories support lean muscle and development during the season grind.

**Confidence:** Feeling fueled, focused, and ready leads to better performance every time they hit the ice.



# THE 3 PILLARS OF IN-SEASON FUELING

## 1. Fuel for the Schedule You Have

Game weeks, travel weekends, and late practices all demand steady energy. Adjust portions, not effort.

More ice time = more carbs

Light day ≠ skip day

## 2. Time It Right

 Eat within 30 minutes of waking

 Fuel 60–90 minutes before practice or a game

 Refuel within 30 minutes after

 Include a bedtime snack to recover for the next day

## 3. Consistency > Perfection

One good meal can't fix a week of poor fueling. Staying consistent is what keeps players performing strong from Monday through Sunday.



## COMMON MISTAKES THAT HURT IN-SEASON PERFORMANCE

Even with good intentions, a few small habits can quietly derail consistency – especially once the season schedule gets busy. These are the most common mistakes I see from youth hockey players and their families during the grind: These are the most common mistakes I see from youth hockey players and their families during the grind:

- ✗ Focusing on “healthy” instead of fueling (meals that look good on paper but don’t provide enough energy for hockey demands)
- ✗ Not eating enough during school hours = energy crashes before practice and slower recovery
- ✗ Under-fueling before games or practices = poor focus and heavy legs
- ✗ Not eating immediately after practices, workouts, or games = missed recovery and growth window
- ✗ Relying on fast food or snacks to “catch up” = inconsistent energy and poor recovery
- ✗ Using too many shakes, bars, or supplements instead of real food
- ✗ Not eating before bed = missed recovery and growth window



## SAMPLE DAY: HIGH-PERFORMANCE MEAL FLOW

During the season, the goal isn't to eat perfectly – it's to fuel consistently. With busy schedules, school, and games, keeping energy steady all day is what matters most.

Here's what a balanced, hockey-ready 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



## SNACKS FOR HOCKEY FAMILIES

Between school, travel, and back-to-back games, fueling on the go is a constant challenge during the season. Keeping reliable options on hand helps your player stay energized, recover faster, and avoid the “nothing to eat” scramble before or after ice time. Busy schedule? Keep these on hand:


- **Trail mix or nut butter packets** – calorie-dense, easy to pack, and great between games
- **Granola bars** – quick carbs and steady energy on school or travel days
- **String cheese + crackers** – balanced mix of protein and carbs that travels well
- **Smoothies in thermos cups** – quick nutrition players will actually drink
- **PB&J or turkey wraps in cooler bags** – reliable mini-meals for long days at the rink
- **Chocolate milk cartons** – ideal recovery drink with protein and carbs
- **Beef jerky or turkey sticks** – high-protein, no-refrigeration option
- **Mini bagels or pretzels** – fast-digesting carbs for pre-ice energy
- **Applesauce or fruit pouches** – simple, no-mess carbs that digest easily





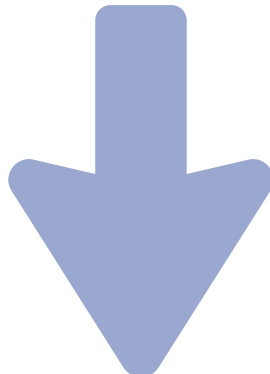
## HOW TO FUEL BASED ON TRAINING DAYS

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**

These days are when recovery and repair actually happen.

- ➡️ 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 — and the in-season schedule can make it even harder to eat enough.

These simple strategies can help your player get consistent fuel without food battles — while still supporting recovery, energy, and steady performance all season:

- **Use smoothies, shakes, and soft textures** — easier to get calories in fast
- **Stick with favorite flavors** (sweet > savory if needed)
- **Sneak calories in** (add oils, nut butters, avocado, or cheese)
- **Offer 2–3 “safe,” go-to options** that are always available and easy to eat
- **Use lunchbox-style plates or small servings** to avoid overwhelm



## WANT THIS PERSONALIZED FOR YOUR PLAYER?

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

The hockey season is long — and staying **fueled, focused, and consistent** week after week is what separates players who just get through the year from those who **keep improving — and getting closer to that next level.**

The right **in-season nutrition strategy** can be the difference between **staying strong through playoffs... or running out of gas when it matters most.**

On the next page, you'll see how to **turn daily effort into lasting performance** — with options built for real hockey families who want to make the most of every game, practice, and meal.

Let's take this from **information to transformation.**



## THE HPN SEASON BLUEPRINT

**You're Already Investing – Now Make It Count.**

Parents spend thousands on ice time and training, but most players still underperform because their **fuel doesn't match their effort**.

"Eating healthy" isn't the same as **fueling for hockey**. Without the right plan, players recover slow, run out of energy, and never reach full potential – no matter how hard they train.

**The HPN Season Blueprint** makes hockey nutrition simple and realistic – designed for busy families who want real results.

**Stop paying extra for fast food convenience – physically and financially.**

This plan turns effort into progress and keeps your player climbing toward the next level.

👉 Learn more or get started at:

**[HockeyPerformanceNutrition.com](https://HockeyPerformanceNutrition.com)**



## **HPN 1-ON-1 ELITE COACHING**

**For Players Who Want to Do More Than Just Keep Up.**

You've already invested in lessons, coaches, and off-ice training – but your player still isn't performing like they should.

That's not effort – that's *fueling*.

Most players train hard but eat like everyone else. **HPN 1-on-1 Elite Coaching** builds a custom plan around your player's goals, schedule, and appetite – with real accountability to make it stick.

You'll get **direct access to Coach Terry**, weekly check-ins, and a strategy that adapts as your player grows, competes, and develops.

This is for athletes serious about getting stronger, recovering faster, and **reaching the next level** – not just getting through the season.

**This isn't another program – it's a partnership built for your athlete.**

 Apply for a spot at:

**[HockeyPerformanceNutrition.com](https://HockeyPerformanceNutrition.com)**