



Finally Gaining: The Hockey Weight Gain Guide

FOR PLAYERS WHO EAT NONSTOP BUT STILL CAN'T GAIN – OR KEEP – WEIGHT ON.



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FINALLY GAINING: NUTRITION STRATEGIES FOR HOCKEY PLAYERS WHO CAN'T GAIN — NO MATTER WHAT THEY EAT

Some players seem to eat nonstop yet never gain. They train hard, they put in the work, but their size doesn't match their effort. If that sounds familiar, you're not alone — and it's not your fault.

This guide was built for hockey players who struggle to gain or keep weight on, no matter how much they eat. Inside, you'll find a proven, hockey-specific approach that cuts through the noise, replaces the bad advice, and shows you how to finally make real, lasting progress.



THE PROBLEM ISN'T EFFORT, IT'S EXECUTION

If your player is lean, constantly active, and giving full effort in training — but still can't seem to gain or hold onto weight — you're not alone. Over 60% of the youth hockey athletes I work with fall into this category: **high-output players with fast metabolisms who struggle to add size.**

They train hard. They eat often. But they're still getting pushed off the puck, outmuscled in corners, or told they're too small to make the next jump. The problem isn't effort — it's execution.

Most families are doing their best, but relying on generic advice that wasn't built for hockey players — and certainly not for hard-gainers.

To build lasting size and strength that shows up on the ice, we need a more targeted, performance-first strategy — one that works with their body, not against it.

That's exactly what this guide is designed to deliver.

WHY SOME HOCKEY PLAYERS STRUGGLE TO GAIN WEIGHT (EVEN WHEN EATING A LOT)

Most parents think, “My kid eats all the time — I don’t get why they’re still underweight.”

But there’s more going on than meets the eye. Here’s what I’ve seen time and again with youth hockey players who can’t keep weight on — and why **just eating more doesn’t work**:



THE HIDDEN REASONS THEY BURN THROUGH EVERYTHING THEY EAT

NEAT Overdrive

(Non Exercise Activity Thermogenesis)

Your kid might be burning 700+ extra calories a day — just by being active off the ice.

Post-Practice Appetite Crash

After hard practices, hunger shuts down. Miss this refuel window and recovery suffers.

Low-Cal Eating Trap

They're eating often, but still not gaining? It's probably not what you think.

Sleep = Growth

Less than 9 hours of sleep? That's when recovery, growth, and progress stall out.

Let's break each one down — why it matters, how it holds your player back, and what you can do to fix it.

● NEAT OVERDRIVE (NON EXERCISE ACTIVITY THERMOGENESIS)

Why it matters:

Your player might be burning **hundreds of extra calories a day** just from constantly moving — even when they're not training. Walking, pacing, fidgeting, tapping their foot... it all adds up. For naturally high-energy kids, this means they're unintentionally creating a calorie deficit that makes it harder to gain weight and recover.

What to do about it:

- **Increase calorie intake** to match their output — especially on high-activity days.
- **Add calorie-dense snacks** (like trail mix, granola bars, peanut butter) throughout the day.
- **Use smoothies or shakes** between meals to boost calories without making them feel stuffed.



● POST-PRACTICE APPETITE CRASH

Why it matters:

After intense skating or training, it's common for players to feel no hunger at all. But this is the most important time to eat — skipping that 30–60 minute recovery window can delay muscle repair, stunt progress, and cause under-eating the rest of the day.

What to do about it:

- **Always pack a recovery snack** — something easy like chocolate milk, a banana with nut butter, or a yogurt pouch.
- **Don't wait for them to feel hungry.** Help them understand the importance of eating by the clock, not by appetite.
- **Make it routine:** snack immediately after training, then follow up with a full meal within 1–2 hours.



● LOW-CAL EATING TRAP

Why it matters:

Many parents are proud of their athlete's clean eating — but foods like grilled chicken, salad, or fruit are often low in calories per bite. That means kids get full before they've eaten enough to support performance, recovery, or weight gain.

What to do about it:

- Focus on **calorie-dense foods**: whole milk dairy, nut butters, avocado, rice, pasta, eggs, and olive oil.
- **Boost calories** in meals by adding toppings: shredded cheese, olive oil, nuts, sauces.
- **Sneak in extras**: blend oats, nut butters, and protein powder into smoothies between meals.



● SLEEP = GROWTH

Why it matters:

Sleep is when growth hormone, testosterone, and other recovery systems go to work. **Less than 9 hours a night** limits recovery, reduces energy, weakens immune function, and slows muscle and size gains — no matter how hard they train or eat.

What to do about it:

- **Set a regular sleep schedule**, even on weekends.
- **Power down screens** 30–60 minutes before bed.
- Treat sleep like part of their training: a **non-negotiable** part of **performance and growth**.



HOW TO GAIN WEIGHT WITHOUT LOSING SPEED. WHAT YOU NEED TO KNOW.

You're not just trying to "bulk up" for the sake of size — you're aiming to build **lean, functional mass** that actually shows up on the ice. That means more **explosiveness off the line**, better **stamina through every shift**, and the **durability to battle in corners and stay healthy all season**. It's not about getting bigger — it's about getting stronger, faster, and harder to play against.





PRO STRATEGIES MOST PARENTS HAVEN'T TRIED

- **Front-Load Calories:** Heavy breakfasts and early snacks build momentum and reduce late-day binge eating or crashes.
- **Calorie Doubling:** Use simple add-ons like olive oil, nut butters, dried oats, and full-fat dairy to boost intake without adding volume.
- **Post-Training Carb Timing:** Light, high-carb foods after practice restore appetite and support muscle growth.
- **80/20 Rule:** 80% of meals from whole foods, 20% from athlete-friendly fun foods (like chocolate milk, Goldfish, or granola bars).

A word cloud with the word "strategy" in the center, written in large, bold, black letters. Surrounding it are various related terms in different colors and sizes, including: "planning", "future", "synergy", "growth", "tactic", "education", "help", "people", "management", "mission", "success", "innovation", "solution", "education", "product", "investment", and "goal". The words are arranged in a circular pattern around the central word.

WHAT A SMART WEIGHT-GAIN DAY LOOKS LIKE FOR A HOCKEY PLAYER

What does it actually take to build clean size that shows up on the ice?

It's not about force-feeding, bulking shakes, or stuffing your athlete at every meal. In fact, that approach usually backfires — leaving them feeling sluggish, bloated, or burned out.

Instead, here's what a **real-life high-performance day** looks like for a youth hockey player focused on **size, strength, and sustained energy** — without the discomfort. This sample day is built to support **growth, recovery, and explosive performance** by strategically spreading quality calories across **6 balanced meals and snacks**.

Each bite serves a purpose. And each meal builds momentum.

Let's break it down — meal by meal — so you can see exactly how to fuel smarter, not harder.

ONE EXAMPLE. NOT ONE-SIZE-FITS-ALL.

The following meal plan is just one example — built for a specific athlete with specific needs.

Every hockey player is different. Their age, weight, metabolism, training schedule, and even how they respond to certain foods all play a role in what their body actually needs to grow, recover, and perform.

That's why a personalized approach matters.

To see real, sustainable results — especially for hard-gainers — a plan should be designed around **your player's unique biometrics, training demands, and performance goals**. That's the difference between just eating more... and actually building size that shows up on the ice.

Now let's take a look at how this sample day was structured — and what to consider when building a custom plan of your own.





BREAKFAST

Goal: Kickstart muscle-building and energy after the overnight fast

Calories: 600–750

Sample Meal:

- 3 eggs + 2 egg whites (high-quality protein and healthy fats)
- 2 slices whole grain toast with peanut butter + drizzle of honey (carbs, calories, healthy fat)
- Smoothie: banana, oats, milk, whey protein, berries, flaxseed (dense but drinkable)

Why It Works:

This breakfast hits fast and slow carbs, protein, and healthy fats — all without overloading the stomach before school or morning skate. The smoothie adds calories without bulk.





SNACK #1 (MID-MORNING)

Goal: Keep energy steady and calories climbing between meals

Calories: 400–500

Sample Snack:

- Trail mix (nuts + dried fruit) + string cheese
- Drinkable yogurt or Chobani Flip
- Small juice box or 100% fruit pouch

Why It Works:

This combo is **portable**, requires no prep, and is easy to eat on the go. It adds healthy fats, dairy-based protein, and quick carbs to top off glycogen and fuel activity.



LUNCH

Goal: Support mid-day recovery and set up the afternoon for energy

Calories: 650–750

Sample Meal:

- Burrito bowl: rice, turkey or beef, black beans, avocado, shredded cheese
- Side of tortilla chips
- Fruit (grapes or orange slices)

Why It Works:

This is a high-density meal that delivers protein, slow-digesting carbs, and fats — plus fiber and antioxidants. It's balanced for both size and energy.





SNACK #2 (AFTERNOON)

Goal: Prime the body for practice or a workout

Calories: 400–600

Sample Snack:

- Homemade shake: chocolate milk, banana, oats, peanut butter, scoop of whey
- Pretzels, Goldfish, or crackers on the side

Why It Works:

Liquid calories + carbs + protein = powerful and light. This pre-training combo is digestible and won't weigh your player down before the rink.





DINNER

Goal: Rebuild muscle and refill energy stores post-training

Calories: 700–900

Sample Meal:

- Pasta with meat sauce (protein + carbs)
- Roasted potatoes tossed in olive oil
- Steamed or roasted veggies with butter
- Mixed fruit bowl

Why It Works:

For lean, high-output players, dinner is a critical window to close the calorie gap left by a demanding day. After training, the body is primed to absorb nutrients — making this the ideal time to restore energy, repair muscle, and support real growth. Gains don't just happen on the ice — they're built overnight, and dinner fuels that process.





NIGHT FUEL

Goal: Prevent overnight breakdown and support recovery during sleep

Calories: 200–350

Sample Snack:

- Option 1: Cottage cheese + honey + granola
- Option 2: Full-fat Greek yogurt + nut butter + berries
- Optional: Spoonful of almond butter for added fat/calories

Why It Works:

These snacks are slow-digesting and packed with casein protein, which supports overnight muscle repair. A small hit of healthy fat helps extend energy throughout the night.



WHY THIS STRUCTURE WORKS

This isn't just about eating more — it's about eating smarter. The structure behind this plan is what makes it sustainable, effective, and easy to follow:

6 Eating Events:

Meals and snacks are spaced throughout the day to keep energy steady and avoid that overstuffed, sluggish feeling.

Liquid Calories Where It Counts:

Smoothies and shakes are used strategically to pack in extra nutrition — without overwhelming the appetite.

Balanced Plates, Every Time:

Each meal hits the right ratio of protein, carbs, and healthy fats — the foundation of lean, lasting growth.

Real Food, Not Junk:

High-calorie doesn't mean high-sugar. Every item supports recovery, performance, or energy — no empty calories.

WHY THIS STRUCTURE WORKS (CONTINUED)

Built to Scale:

Whether your player is 8U or 16U, this structure can flex. Adjust portions up or down while keeping the framework intact.

Matches Their Schedule:

Meals are timed around school, practice, and games — so they actually fit into a hockey family's daily routine.

Keeps Energy High (When It Matters Most):

No more crashing before practice or skipping dinner from lost appetite. This structure protects key performance windows.

Supports Recovery Without Extra Work:

Strategic evening meals and night snacks keep muscle-building going after practice — with no extra prep or late-night effort.

Builds Habits That Stick:

Following a predictable meal rhythm builds long-term confidence and self-awareness around food and performance.

PARENT HACKS TO MAKE IT ALL HAPPEN (WITHOUT A FIGHT)

Let's be honest: the hardest part isn't knowing what your player should eat — it's getting them to eat it **consistently** without turning every meal into a battle.

These strategies are designed for real families with busy schedules, picky eaters, and limited time. They work not because they're flashy — but because they're sustainable.





STOCK THESE CALORIE BOOSTERS

These are “**invisible calories**” — foods that easily increase intake without adding a ton of food volume or chewing fatigue (which is real for under-eaters).

✓ **Olive oil (1 tbsp = 120 cal)**

- Stir into pasta, rice, soup, or veggies
- Add to grilled sandwiches, wraps, or baked potatoes
- Use in salad dressings or homemade dips

✓ **Nut butters (peanut, almond, cashew)**

- Spread thick on toast, bagels, waffles, apples, or crackers
- Stir into oatmeal, yogurt, or smoothies
- Add to shakes for an easy 200–300 calorie bump

✓ **Full-fat Greek yogurt**

- Higher in protein and calories than traditional yogurt
- Mix with granola, honey, or fruit
- Use as a base for dips, overnight oats, or smoothies



STOCK THESE CALORIE BOOSTERS (CONTINUED)

✓ Dried fruit

- More calorie-dense than fresh
- Add to trail mix, oatmeal, yogurt bowls, or eat solo
- Easy to store in the car, locker, or hockey bag

✓ Whole milk or Fairlife

- Use in shakes, cereal, oatmeal, and smoothies
- Serve with meals instead of water
- Fairlife adds more protein without more volume

✓ Cheese sticks or cubes

- Kid-friendly and portable
- Serve with crackers, meat, or fruit
- Add to lunches, snack packs, or use pre-practice

Parent tip: Keep a “go-to” drawer or bin in the pantry/fridge with these options visible and easy to grab.



TRANSITIONAL ALTERNATIVES FOR PICKY EATERS

Helping your player hit their nutrition goals — without forcing foods they won't eat.

Not every hockey player is ready for burrito bowls and Greek yogurt — and that's okay. These **transitional alternatives** are designed to hit the same performance and weight-gain targets, using more familiar, easy-to-enjoy foods.

They're not forever — but they're a smart bridge between what your player likes now and what their body needs to grow.





BREAKFAST - PICKY EATER ALTERNATIVES

Original: Eggs, toast with PB + honey, smoothie

Alternative: (600-750 Cal)

- 1–2 waffles with butter + syrup or Nutella
- Chocolate milk or Fairlife Core Power shake
- Banana or applesauce pouch
- Optional: Add a Greek yogurt tube (if tolerated)

Tip: Let them dip toast or waffle sticks into syrup to boost engagement — it's calorie-dense and fun.



SNACK #1 - PICKY EATER ALTERNATIVES

Original: Trail mix, cheese stick, yogurt

Alternative: (400-500 Cal)

- Granola bar (Clif Z-bar, RX Bar Kids, or similar)
- Cheese cubes or Babybel
- Juice box + crackers (Wheat Thins, Goldfish, or Ritz Bits with PB)
- Optional: Peanut butter sandwich halves cut into shapes

Tip: Use snack containers with variety sections — presentation helps picky eaters feel in control.



LUNCH - PICKY EATER ALTERNATIVES

Original: Burrito bowl, chips, fruit

Alternative: (650-750 Cal)

- Turkey and cheese sandwich (cut into triangles or roll-ups)
- Pretzels or baked chips
- Apple slices with caramel dip or mandarin orange cups
- Optional: Add a side of pasta salad or buttered noodles

Tip: Stick to familiar textures. Cold lunches often go down easier for picky eaters than warm mixed meals.



SNACK #2 - PICKY EATER ALTERNATIVES

Original: Shake with oats, banana, PB, whey

Alternative: (400-600 Cal)

- Smoothie with just chocolate milk + ice cream + protein powder
- Chocolate milk + mini muffin or bagel with cream cheese
- Fruit roll-up + cheese stick + pretzels

Tip: A simple chocolate or vanilla “milkshake” with hidden protein is usually a win. Skip oats or flax unless already accepted.



DINNER - PICKY EATER ALTERNATIVES

Original: Pasta with meat, potatoes, veggies

Alternative: (700-900 Cal)

- Mac & cheese with ground beef or shredded chicken mixed in
- Garlic bread or buttered rice
- Corn on the cob or cucumbers with ranch
- Optional: Chocolate milk or 100% fruit smoothie to sip with meal

Tip: Let them choose one “safe” item for each meal. Then build from there with gradual upgrades (e.g., switch white pasta to protein pasta later).



NIGHT FUEL - ALTERNATIVES

Original: Cottage cheese or Greek yogurt combos

Alternative:

- Chocolate pudding cup with crushed graham crackers
- Full-fat yogurt pouch (e.g., Stonyfield, Danimals) + drizzle of honey
- Toast with almond butter + sprinkles or mini chocolate chips

Tip: Sweet, creamy textures usually win. Add toppings or flavors they already like (sprinkles, chocolate, cinnamon sugar) to make it more appealing.



BONUS TIPS FOR PICKY EATERS WHO NEED TO GAIN

Because sometimes the challenge isn't just what to eat — it's getting them to eat, period.

If your player is hesitant around new foods, limited in their preferences, or just doesn't "love to eat," you're not alone. These proven tips can help you work with their preferences — not against them — while still supporting weight gain, growth, and on-ice performance:

Choose Smooth Textures

Many picky eaters prefer foods they don't have to chew much or "feel" in their mouth. That's why options like chocolate pudding, yogurt pouches, applesauce, and blended smoothies often win — they go down easy and can be loaded with calories and nutrients.

Stick With Sweet, If Savory Isn't Working

If your athlete turns their nose up at meats, veggies, or hearty dinners, try sweeter (but still functional) alternatives. Think: Greek yogurt + granola, peanut butter + banana wraps, or cinnamon raisin bagels with cream cheese. Sweet doesn't have to mean junk — it just needs the right ingredients.

Use Liquid Calories Strategically

When solid food becomes a struggle, drinks become your secret weapon. Chocolate milk, smoothie blends, or ready-to-drink shakes (like Fairlife Core Power or Ensure Max Protein) can pack 300–600 calories with minimal effort — perfect between meals or after practice.

Make It Fun to Eat

Presentation matters more than most parents realize. Try lunchbox-style trays with small compartments, shaped sandwich cutters, or mini muffin tins. Bite-sized portions, colorful fruits, and a “build-your-own” element can make meals feel like play — not pressure.

Have 2–3 Calorie-Rich “Safe Foods” Read To Go

Identify a few go-to foods your player will always say yes to. Then, make sure they're always stocked and easy to grab. Favorites like PB&J halves, whole milk yogurt pouches, homemade muffins, or smoothies in a fun shaker bottle can fill in gaps when meals fall short.

Don't Fear Repetition (For Now)

If your player eats the same thing for breakfast 10 days in a row — that's a win. Focus on consistency over variety in the short term. Once habits and weight gain improve, you can start slowly rotating new foods in.

Use Timing to Your Advantage

Kids are often hungrier right after school, post-practice, or before bed. Use these windows to your advantage with higher-calorie, easier-to-eat options when their defenses are down and appetite is up.

Keep Wins Positive — Not Pressure-Filled

Celebrate when they try something new or finish a full shake, but avoid guilt or force. The more positive and pressure-free the environment, the more likely they are to keep going.

STILL STRUGGLING? (EVEN AFTER “DOING EVERYTHING RIGHT”)

By now, you’ve seen what a smart, hockey-specific weight gain plan actually looks like:

- High-calorie meals that don’t feel like stuffing
- Strategic snacks and shakes
- Consistent fueling, even for picky eaters
- And easy parent hacks that remove the guesswork

But if your player is still stuck — if the scale hasn’t moved, and they’re still getting outmuscled — it’s time to take a hard look at the **mistakes that don’t show up on a meal plan.**

These are the deeper issues I see all the time with hard-gaining hockey players. If progress has stalled, chances are one (or more) of these is the reason:



AVOID THESE TRAPS THAT STALL PROGRESS

✗ 1. Prioritizing “Healthy” over Calorically Effective

That grilled chicken and veggie plate? Great. But it's only 300–400 calories.

And it doesn't move the needle if your player needs 2,500+ a day to grow.

✓ **Fix:** Add oils, butters, nut butters, and full-fat options to increase calorie density without more volume.

✗ 2. Underfueling on Off Days

Skipping meals or eating light on rest days destroys recovery and slows momentum.

✓ **Fix:** Treat recovery days like growth days. Keep snacks, shakes, and meal frequency consistent — even if they're not training.



MORE TRAPS THAT STALL PROGRESS

✗ 3. Skipping the Two Most Important Fueling Windows

No appetite in the morning? Tired after practice? That's where most players fall behind — and never catch up.

✓ **Fix:** Eat within 30 minutes of waking, and always refuel immediately after training or games.

✗ 4. Using Mass Gainers or Junk Food to “Catch Up”

Dumping in empty calories may bump intake temporarily, but it wrecks appetite, causes bloating, and tanks energy.

✓ **Fix:** Make your own weight-gain shakes using real ingredients: milk, oats, banana, nut butter, protein. Add to real meals — don't replace them.



EVEN MORE TRAPS THAT STALL PROGRESS

✗ 5. Trying to Do Too Much at Once

Oversized meals. Overtraining. Not enough rest. It all adds up to one thing: burnout.

✓ **Fix:** Focus on consistency, not overload. Small meals every 2–3 hours. Lighter, more frequent snacks. Track progress weekly — not daily.

✗ 6. Failing to Adjust the Plan

What worked for 10U won't work at 14U. What worked last season might not be enough now.

✓ **Fix:** Review and revise. If weight gain stalls for 10–14 days, increase daily intake by 200–300 calories and assess sleep, recovery, and routine.

✗ 7. Giving Up Too Early

Most families “try” for a week or two. But real growth takes consistency over 4–6+ weeks — minimum.

✓ **Fix:** Commit to 30–45 days. Track weight weekly. Review meals honestly. This isn't about effort — it's about execution over time.

🏏 FINAL THOUGHTS: BUILT FOR HOCKEY, BUILT TO LAST

Gaining clean size as a youth hockey player isn't easy — especially for the ones who burn through everything they eat.

But it's not impossible.

With the right nutrition strategies, consistent routines, and smart adjustments over time, your player can build the size, strength, and stamina needed to compete — and stay healthy doing it.

This plan wasn't built to “bulk.” It was built to support real development. To fuel the athletes who work hard but still can't gain. And to help families who've tried everything and are ready to finally see results.

Now you've got the roadmap — it's time to put it into action.





WANT REAL RESULTS, PERSONALIZED TO YOUR PLAYER?

If your player is doing everything right and still can't gain weight, you don't need another generic plan — you need a strategy built specifically for hockey and tailored to your athlete.

That's where I come in.

I'm Terry Knealing — a **Sports Performance Nutritionist, Certified Strength & Conditioning Coach, USA Hockey Level 4 Coach**, and founder of Hockey Performance Nutrition. Over the past **20+ years**, I've worked with **hundreds of hockey players** — from **10U to juniors, all the way to the NHL**.

I've coached in locker rooms, trained athletes in the gym, and built fueling systems that work not just in theory — but in the real world of tournament weekends, skipped meals, and picky eaters.

I know exactly how hockey players burn energy, how their appetite responds to intense skating, and what it takes to build size that actually shows up on the ice — not just the scale. That's what makes my system different.



BUILT FOR HOCKEY. DESIGNED FOR YOUR PLAYER.

Every hockey player has different needs. Some need a simple plan. Others want more tools and ongoing resources. Many benefit from coaching support. And a few need fully personalized, high-touch coaching.

That's why I created four hockey-specific programs:

- Playbook Pro — a clear starting point with foundational resources.
- Playbook Elite — more tools and ongoing support for continued progress.
- Season Blueprint — a structured plan with Zoom calls and monthly check-ins for added coaching and accountability.
- 1-on-1 Coaching — the most detailed and personalized program, with monthly calls, ongoing adjustments, and direct access to me.

No matter where your player is starting, there's a clear next step to help them fuel smarter, gain effectively, and perform at their best.



PLAYBOOK PRO: THE FOUNDATION FOR HOCKEY NUTRITION SUCCESS

Most families don't need complicated systems — they need a clear plan that works. That's exactly what Playbook Pro delivers.

- Step-by-step fueling strategies designed for youth hockey.
- Simple tools and resources parents can put into action immediately.
- Practical guidance for meals, snacks, and game-day routines.

This is the easiest way to take the guesswork out of fueling and start giving your player the structure they need to grow, recover, and perform.

👉 Gives families the structure and guidance to start fueling with confidence.



**HOCKEY
PERFORMANCE
NUTRITION**
Playbook Pro

PLAYBOOK ELITE: MORE TOOLS. MORE SUPPORT. MORE RESULTS.

Some families want more than a foundation — they want ongoing support, deeper strategies, and exclusive access to advanced resources. That's where Playbook Elite comes in.

- Monthly training resources with updated fueling strategies and tools.
- Exclusive member videos breaking down advanced concepts.
- Special discounts and insider access to coaching and bonus programs.

With Elite, you're not just following a plan — you're part of a community built around hockey-specific fueling and performance.

🔑 Unlocks more tools, support, and insights to fuel ongoing development.



**HOCKEY
PERFORMANCE
NUTRITION**
Playbook Elite

SEASON BLUEPRINT: STRUCTURE + COACHING TO STAY ON TRACK

Season Blueprint combines a clear plan with direct coaching — so families never feel like they're guessing.

Quick Start

- A one-time plan tailored for your player.
- Includes a personal Zoom call to set it up the right way.

Full Season

- A month-by-month plan for off-season, in-season, and tournaments.
- Includes a kickoff Zoom + monthly check-ins for adjustments and accountability.

👉 Season Blueprint is more than a plan — it's structure plus coaching support to keep players consistent and progressing all year long.



1-ON-1 COACHING: FULLY PERSONALIZED FOR YOUR PLAYER

With 1-on-1 Coaching, I work directly with a limited number of players every month — providing customized plans, regular check-ins, and detailed adjustments along the way.

- Tailored strategy designed 100% for your player.
- Monthly calls and updates to track progress and make adjustments.
- More detailed guidance than any other program.
- Direct access to me for questions, feedback, and accountability.

👉 This is the highest level of support — fully personalized, hockey-specific coaching backed by 20+ years of experience from youth to the NHL.



**HOCKEY
PERFORMANCE
NUTRITION**
1-on-1 Elite Coaching



PROOF IT WORKS FOR HARD-GAINERS

“Our son could eat nonstop and never gain a pound. With Coach Terry’s plan, he finally started adding weight that stuck — without losing his speed.”

— *Mark R., 14U Parent, Minnesota*

“This wasn’t just a meal plan — it was a mindset shift. Coach Terry helped us build habits that will last.”

— *Jason B., 12U Parent, Ontario*

“Coach Terry gave us structure without overwhelm. We finally had a plan that matched our son’s training load and school schedule — and the weight gain followed.”

— *Kelly D., 13U Parent, Massachusetts*

“I never realized how much timing mattered. Once we nailed down pre- and post-practice meals, I had more energy and started actually recovering between skates.”

— *Tyler J., 16U Defenseman, Illinois*





READY FOR YOUR PLAYER'S NEXT STEP?

I keep my coaching groups small so every player gets the attention they need.

If your family is ready to move past the guessing and finally see steady progress, now's the time.

Let's build the size, strength, and confidence your player needs to compete — and this time, let's make it stick.

— Coach Terry

Next Step

Apply today at: HockeyPerformanceNutrition.com
or email: info@hockeyperformancenutrition.com

