

FUEL · PILLAR SERIES

MEAL PREP FOR BUSY HOCKEY FAMILIES

Fail to prepare, prepare to buy arena fries. Most athletes don't struggle with nutrition because they don't know what to eat – they struggle because they're hungry, busy, and unprepared. The goal isn't to eat perfectly. It's to make good nutrition the easy choice.

01 PREP INGREDIENTS, NOT MEALS

The hockey family power move: instead of seven different meals, prep staples. Cook 1–2 large proteins (chicken, ground turkey, lean beef, hard-boiled eggs). Batch easy carbs (rice, potatoes, pasta, oats, wraps). Wash and cut fruit and vegetables so they're ready to go – if they're ready to eat, they get eaten. Now anyone can build a meal in minutes all week.

02 STOCK THE RECOVERY FRIDGE

The first hour after training is one of the most important nutrition windows of the day. Keep quick recovery options ready: Greek yogurt, chocolate milk, protein shakes, string cheese, hard-boiled eggs, fruit, overnight oats. Ready food gets eaten – consistently.

03 PACK LIKE A HOCKEY PLAYER

Every hockey bag and backpack needs emergency fuel: protein bars, granola bars, trail mix, applesauce, beef jerky, electrolyte packets, bananas. Eventually every athlete gets stuck at the rink longer than expected or forgets breakfast. Prepared athletes perform better than unprepared ones.

04 THE SUNDAY PREP CHECKLIST

Spend 30–60 minutes every Sunday:

- [ ] Cook protein
- [ ] Cook rice or potatoes
- [ ] Wash fruit, chop vegetables
- [ ] Restock snacks
- [ ] Fill water bottles, pack practice snacks

> **The math** One hour of preparation saves countless poor nutrition decisions all week.

TESTIFY TAKEAWAY

THE BEST NUTRITION PLAN IS THE ONE YOU CAN STICK TO DURING A BUSY SEASON.

You don't need perfectly portioned containers – you need a plan. When healthy food is prepared and available, athletes fuel properly, recover better, and perform at a higher level.