

❖ TUNE-UP

"Winning is the science of being totally prepared." – George Allen, famed coach of the Washington Redskins, a team known for hard work and detailed preparation

Being totally prepared for hockey requires superior conditioning coupled with elite-level nutrition for peak performance. During the week before the big REPLAY, be sure your final preparations include a nutritional tune-up. Preparing your body for the nutritional demands of the game will give you a competitive edge and the assurance you are fully prepared and ready to roll.

CHOOSE SMART

- The right amount of calories/energy
- The best fuel blend – rich in carbohydrates, moderate in protein and low in fat
- Plenty of antioxidant-rich foods—antioxidants are substances in food that may be helpful in protecting against excessive cell damage caused by frequent or intense exercise.

DAILY GOAL:

1. 3 meals plus 2-3 light snacks a day. Choose fruit and vegetables, fat-free yogurt, low-fat kefir, low-fat smoothies, reduced-fat string cheese, whole-grain crackers or ready-to-eat cereals, raw or dry-roasted nuts for your snack foods.
2. Think complex carbs first, then add lean protein and finally add heart-healthy fats.
3. Be sure to drink fluids throughout the day: before, during and after exercise. Check the color of your urine to assess your hydration. Lemonade color = well hydrated; apple juice color = dehydrated.
4. Choose amounts according to your appetite, and pay attention to your stomach's signals for fullness. Eat until you are comfortable, not overstuffed. Keep this in mind: the brain begins sending signals to the stomach that it is "full" about 10 minutes after eating, taking 20 minutes to complete the process. Take a breather before reaching for that second serving.
5. Color your world! Include at least 5-9 servings of brightly colored fruits and vegetables daily, plus whole grains and dried beans, for a nutrient-rich diet high in natural antioxidants. Foods rich in antioxidants include:
 - Cooked dried beans of any kind
 - Steamed artichoke hearts
 - Baked russet potatoes
 - Raw spinach
 - Baked sweet potatoes
 - Eggplant
 - Prunes
 - Apples
 - Raisins
 - All berries
 - Plums
 - Red grapes
 - Alfalfa sprouts
 - Onions

To ensure you have the right amount of nutrients on board, be sure to include a variety of foods. The following lists of suggestions will help you ensure you are well-prepared for your own personal REPLAY.

BREAKFAST IDEAS

- Oatmeal made with skim milk, cinnamon, chopped apples, raisins and chopped walnuts; glass of orange or grapefruit juice
- Bagel sandwich made with a whole-grain bagel, egg, slice each of lean ham or Canadian bacon, reduced-fat cheese, and tomato; fresh orange wedges; skim milk
- Whole-grain, fiber-rich ready-to-eat cereal plus berries and skim milk
- Whole-grain waffles spread with peanut butter and honey; fresh banana; skim milk
- Whole-grain, fiber-rich English muffin breakfast pizza made with tomato sauce, chopped lean ham, pineapple chunks, and shredded, low-fat mozzarella cheese; glass of 100% fruit juice
- Fruit and low-fat yogurt parfait layered with low-fat granola
- Whole-grain walnut pancakes topped with cinnamon-apple compote; fruit yogurt
- Freshly made fruit and yogurt smoothie topped with crunchy ready-to-eat cereal
- Italian pepper and egg sandwich made with egg substitute on whole-grain baguette; a skim milk latte
- Spinach, onion, tomato, pepper and feta cheese omelet; whole grain toast with light spread of heart-healthy margarine; sliced fresh cantaloupe; low-fat hot cocoa

LUNCH IDEAS

- Grilled chicken sandwich with tomato and spinach leaves on whole-grain bread or roll; fruit cup; and skim milk
- Veggie burger with tomato, alfalfa sprouts, onion, dill pickle, and mustard on whole grain bun, sliced melon, low-fat chocolate milk
- Grilled eggplant, zucchini, red pepper, onion, and goat cheese sandwich on whole grain baguette, fresh grapes, yogurt smoothie
- Turkey club on whole wheat toast with oven-roasted turkey breast, slice of Lacy Swiss (reduced-fat Swiss), leaf lettuce, tomato, sliced red onion, sliced avocado, light mayo; skim milk; orange wedges
- Roasted vegetables and hummus wrap on whole-wheat pita; low-fat kefir, and fruit salad
- Chicken Waldorf salad (skinless grilled chicken breast chunks, fresh apple chunks, celery, toasted walnuts, and raisins dressed in a light mayo / yogurt dressing) in a whole-wheat pita; and skim milk
- Turkey Ruben panini – sliced turkey pastrami, reduced-fat Swiss cheese, rainbow cole slaw (shredded purple and green cabbage, broccoli slaw, pineapple tidbits packed in juice, lightly dressed in light slaw dressing) on New York rye bread; fresh apple; and iced soy chai tea
- Tuna salad made with chopped celery, chopped walnuts, hard-cooked egg, grape halves, and light mayonnaise on whole wheat bread; sliced cantaloupe; and skim milk
- Mixed greens and spinach salad with dried cherries, toasted walnuts, blue cheese and grilled skinless chicken breast with a light balsamic dressing, whole-wheat roll, yogurt parfait
- Chicken taco salad (grilled skinless chicken breast, shredded lettuce, broccoli slaw, shredded carrots, diced tomatoes and olives, lightly dressed with a reduced-fat ranch dressing and topped with tomato salsa); iced tea
- Burrito with lean shredded beef, rice, beans, tomato salsa, shredded 2% milk cheddar cheese and fat-free sour cream on a whole-wheat tortilla; cranberry-applesauce; skim milk

Be sure to include with each meal a glass of skim or 1% chocolate milk and a fruit.

DINNER IDEAS

- Whole-wheat pasta with tomato sauce topped with grated Parmesan or Romano cheese and meatballs; mixed greens salad with oil and vinegar dressing
- Grilled teriyaki salmon, garden rice, grilled zucchini, grilled pineapple slices
- Grilled marinated flank steak, pasta salad primavera (lightly dressed with a balsamic vinegar dressing), grilled asparagus
- Broiled lean loin pork chop; dirty mashed red skin potatoes; steamed broccoli with garlic and olive oil; cinnamon applesauce
- Barbecue skinless chicken breast, rainbow cole slaw (purple and green cabbage, shredded broccoli slaw, shredded carrots, raisins, pineapple tidbits, light slaw dressing), baked beans
- Chicken cacciatore (skinless breast of chicken cooked in a light tomato sauce) over whole-grain linguine, mixed greens salad and chopped vegetables with an oil and red-wine vinegar dressing
- Grilled teriyaki pork tenderloin, citrus brown rice, steamed green beans with toasted almonds, cranberry-applesauce, mixed salad
- Baked pecan encrusted tilapia, white and wild rice pilaf, sautéed spinach with garlic, mixed green salad
- Chili con carne (made with 96% lean-4% fat beef, kidney/pinto/black beans, onions, garlic, and tomatoes) served over brown rice, Southwestern salad, corn bread
- White chicken chili (made with skinless chicken or turkey breast, white beans, chili peppers and onions) served over rice, mixed green salad, corn bread
- Rotisserie-roasted chicken, skinless, mashed sweet potatoes; green beans with toasted slivered almonds
- Meatloaf made with 96% lean beef, mashed Yukon Gold potatoes, glazed carrots
- Black or red beans and rice (slow-cooked with carrots, onions, garlic and a modest amount of ham) served with a lettuce and vegetable salad and corn bread
- Southwestern grilled chicken salad (leaf lettuce, diced tomatoes, black bean and corn relish, a light oil and vinegar dressing) served with whole-wheat roll
- Pasta primavera – whole-wheat pasta with steamed vegetables (broccoli, cauliflower, zucchini) dressed in a light garlic and olive oil-wine sauce, served with grated Parmesan or Romano cheese and tossed salad