

PERFORMANCE MEAL PLANNING WITH POTATOES

- **Carbohydrates are key when it comes to designing meal plans for your athletes.** Your athletes can perform at their best when they are properly fueled throughout the day, but depending on their sport, their carbohydrate needs vary.
- Because the body's own stores of carbohydrate are limited and may be depleted – even in a single session of intense and/or prolonged exercise – **it's important to educate athletes to replenish with meals and snacks.**
- **Potatoes are a whole food performance vegetable and nutrient-dense complex carbohydrate that fit on every athlete's plate.** A medium (5.3 oz.) skin-on potato has 26 g of carbohydrate per serving (9% of daily value).
- Here is how **Jim White, RDN, ACSM EX-P**, develops meal plans and fuels three of his clients with potatoes.

A MEDIUM (5.3OZ) SKIN-ON POTATO:

- Has 3 g of plant-based protein (6% of the daily value)
- Is a good source of potassium, providing 620 mg per serving



STRENGTH ATHLETE MEET JENNY	TEAM SPORT ATHLETE MEET GRANT	ENDURANCE ATHLETE MEET RENEE
<p>GOALS Increase muscle mass and strength in order to be more competitive for future competitions. Provide adequate carbohydrates and protein to provide energy for high intensity bouts of activity.</p> <p>Age: 33 Weight: 125 lbs (58.8 kg) Carbohydrate Needs: 3-5 g/kg (170-284 g/day) Protein Needs: 1.6-2 g/kg (90-114 g/day)</p> <p>MEAL PLAN Breakfast: 1 egg + 1 egg white + 1 cup baked diced potatoes + 1 1/4 cup strawberries Pre-workout snack: Cinnamon Swirl Spud Bites* Lunch: Tuscan Potato Skillet* Snack: 1 cup low-fat plain Greek yogurt + 1 cup berries Dinner: 3 oz salmon + 1 baked potato + 2 cups Brussels sprouts</p> <p>TOTAL: 187 g carb/103 g protein</p>	<p>GOALS Increase muscle mass in order to be more aggressive and stronger for future ice hockey practice and competition. Provide adequate carbohydrates to maximize glycogen stores and provide energy for repeated intense bouts of activity.</p> <p>Age: 18 Weight: 125 lbs (58.8 kg) Carbohydrate Needs: 5-7 g/kg (387-398 g/day) Protein Needs: 1.4-1.7 g/kg (108-131 g/day)</p> <p>MEAL PLAN Breakfast: Roasted Potato Tacos with Eggs* Pre-workout snack: 1/2 cup plain Greek yogurt + 3/4 cup granola + 1 cup blueberries Lunch: 3 oz chicken breast + 2 1/2 cups skillet fried potatoes + 2 cups green beans Intra-Workout Snack: Fuelling Whipped Ranch Potatoes* Dinner: 3 oz salmon + 1 baked potato + 2 cups Brussels sprouts Snack: 2 slices multigrain toast + 1 tbsp peanut butter + 1 medium banana + 1 tbsp honey</p> <p>TOTAL: 391 g carb/131 g protein</p>	<p>GOALS Provide carbohydrates to maximize glycogen stores and provide energy for long, endurance workouts. Increase energy in order to continually beat her personal record for future marathons.</p> <p>Age: 27 Weight: 140 lbs (63.6 kg) Carbohydrate Needs: 6-10 g/kg (382-545 g/day) Protein Needs: 1.2-1.4 g/kg (76-89 g/day)</p> <p>MEAL PLAN Breakfast: 1/2 cups pineapple + 1 egg + 2 cups hash brown potatoes Snack: 1 cup puffed rice cereal + 1 cup almond milk + 1 cup blueberries Lunch: 2 cups boiled red potatoes + 2 cups green beans + 1 black bean burger patty + 1 whole grain bun Snack: 30 grapes + 7 whole grain crackers Dinner: Power Baked Potato* + 10 asparagus spears Post-Workout Snack: Chocolate Replenishment Shake*</p> <p>TOTAL: 447 g carb/87 g protein</p>

*Get these recipes and more at PotatoesFuelPerformance.com

The guidance provided, including the featured meal plans in this handout, should not be generalized to other populations, skill levels, sport types or training amounts. An individual's nutrient needs vary depending on many factors, and the individual's nutrition and health goals should always be considered.
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Potatoes.
Real Food. Real Performance.®

No matter the sport, your athletes need proper fuel to perform their best. Potatoes are a nutrient-dense whole food fuel that makes performance meal planning easy for your athletes because they provide the energy needed across a variety of preparations that athletes enjoy making and eating.

CINNAMON SWIRL SPUD BITES



A quick, easy and portable whole food fuel for during your workout.

Ready Time: 15 min

Prep Time: 5 min

Cook Time: 10 min

Potato Type: Russet

Serves: 10 Spud Bites

Prep Method: Baked, Microwave

INGREDIENTS

- 1 Medium Russet Potato
- 1/4 Tsp Cinnamon
- 2 Tbsp Honey
- 1 Tbsp Almond Butter
- 1 Tsp of Chia Seeds

PREPARATION

1. Bake russet potato in microwave for 10 minutes, flip sides at 5-minute increments.
2. Remove potato skin and mash in bowl.
3. Add remaining ingredients and mix until the consistency is even.
4. Roll into bite-sized balls (about 1 tbsp in size).
5. Sprinkle chia seeds on top as garnish.
6. Refrigerate for 10 minutes and pack into a reusable container or plastic baggie to enjoy during workouts.

NUTRITION

Calories	Fat	Protein	Carbohydrates
353	8.7 g	7 g	65.2 g
Sodium	Fiber	Vitamin C	Potassium
1.7 mg	4.4 g	40.7 mg	656.8 mg

FUELING WHIPPED RANCH POTATOES



Fight sweet flavor fatigue with this savory on-the-go, nutrient-dense snack that has electrolytes and carbohydrates to refuel during workouts.

Ready Time: 15 min

Prep Time: 5 min

Cook Time: 10 min

Potato Type: Russet

Serves: 1 Bag or 1 Cup Per Serving

Prep Method: Microwave

INGREDIENTS

- 1 Medium Russet Potato
- 3/8 Cup or 6 Tbsp 2% Milk
- 2 Tsp Ranch Seasoning Mix

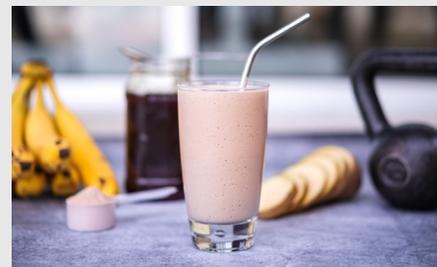
PREPARATION

1. Bake russet potato in microwave for 5 minutes, flip potato and cook for another 5 minutes.
2. Remove potato skin and mash in a medium bowl.
3. Mix potato, milk, and seasoning until consistency is smooth and fluffy.
4. Place mixture in reusable or disposable ice pop or popsicle mold bag for portable whole food fuel.

NUTRITION

Calories	Fat	Protein	Carbohydrates
145	0.6 g	4 g	31.5 g
Sodium	Fiber	Vitamin C	Potassium
554.5 mg	2 g	40.6 mg	663 mg

CHOCOLATE REPLENISHMENT SHAKE



A nutrient-dense post-workout shake providing 15% of your daily potassium needs. It's just what your body needs to replenish after a hard workout.

Ready Time: 15 min

Prep Time: 5 min

Cook Time: 10 min

Potato Type: Russet

Serves: 1 Shake

Prep Method: Microwave

INGREDIENTS

- 1/2 Medium Russet Potato
- 1/2 Medium Banana (Frozen)
- 1 Cup Unsweetened Almond Milk or Skim Milk
- 1 Tbsp Honey
- 1/2 Serving of Chocolate Protein Powder

PREPARATION

1. Place banana in freezer until frozen (2 hours).
2. Bake russet potato in microwave for 5 minutes, flip potato and cook for another 5 minutes.
3. Remove potato skin and let potato cool.
4. Add frozen banana, almond milk, honey, protein powder, and potato to blender.
5. Blend until consistent texture (add ice to adjust consistency).

Note: Use remaining half of potato and banana to make shake as a snack between meals on the same day, or to make recovery nutrition quick, simple and easy after your next workout.

NUTRITION

Calories	Fat	Protein	Carbohydrates
256	3.2 g	15.2 g	46.3 mg
Sodium	Fiber	Vitamin C	Potassium
246 mg	4.1 g	36.2 mg	702.1 mg

¹ Thomas DT, et al. Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. Journal of the Academy of Nutrition and Dietetics. 2016;116(3):501-528.

² Burke LM, et al. Carbohydrates for training and competition. Journal of Sports Sciences. 2011;29(sup1):S17-S27.

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