YOUTH ATHLETE NUTRITION PLAN

STORM FORCE PERFORMANCE

A simple guide for young athletes

Fuel. Perform. Recover.



THE SECRET...

Train hard, eat smart, sleep well. Good nutrition gives you more energy, better recovery, stronger muscles and a sneaky advantage over athletes who don't look after the basics.



ENERGY | RECOVERY | STRENGTH | FOCUS | IMMUNITY

02 FUEL. PERFORM. RECOVER.

PROTEIN

Repair. Grow. Recover.



Protein helps your body grow, repair and build muscle. This matters even more when you are a young athlete because you are still growing and also training hard.

WHY IT MATTERS

- Helps muscles recover after training
- Supports growth and development
- Helps build and repair muscle
- Can help you feel fuller for longer

TOP SOURCES

01



Chicken or turkey

02



Fish such as tuna or salmon

03



Eggs

04



Milk, Greek yoghurt or cottage cheese

05



Beans, lentils, chickpeas, tofu or Quorn

EASY WIN



Try to include protein at breakfast, lunch and dinner.

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COMPLEX CARBOHYDRATES

Slow-release energy.

Complex carbohydrates are one of the best fuels for young athletes. They give you stable, slow-release energy and help fill your muscles with energy for sport.



WHY THEY MATTER

- Gives you steady energy
- Helps fill muscle energy stores
- Supports concentration at school and in sport
- Important before and after training

TOP SOURCES

01



Potatoes or sweet potatoes

02



Rice

03



Pasta

04



Oats or porridge

05



Wholegrain bread, wraps or bagels

EASY WIN



Have a source of complex carbohydrates at breakfast, lunch and dinner.

COMPLEX CARBS VS SUGAR

Know the difference.

Both can give you energy, but they work in different ways.

COMPLEX CARBS

- Slow-release energy
- Best at main meals
- Help keep energy stable
- Great before school, training and matches

Examples:
potatoes, rice, pasta, oats, wholegrain bread



VS

SUGAR

- Fast energy
- Best just before, during and just after sport
- Useful when you need quick fuel
- Too much away from sport can cause energy crashes and be stored as body fat

Examples:
sweets, chocolate, fizzy drinks, gels, sports drinks



BEST RULE

Get most of your carbs from complex carbohydrate foods, and keep sugary foods mainly around exercise.

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HEALTHY FATS



Support your health.

Good fats help your brain, hormones, growth and overall health. They also help you stay fuller for longer.

WHY THEY MATTER

- Supports brain health
- Helps absorb important vitamins
- Supports growth and hormones
- Helps keep meals more satisfying

TOP SOURCES

01



Avocado

02



Olive oil

03



Nuts

04



Seeds

05



Oily fish such as salmon or mackerel

EASY WIN

Choose good fats more often than greasy fried foods.



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FRUIT & VEGETABLES



More colours = More nutritious

Fruit and vegetables help athletes stay healthy, recover well and keep energy levels up. They are packed with vitamins, minerals, fibre and antioxidants.

WHY THEY MATTER

- Support your immune system
- Help recovery from training
- Provide vitamins and minerals
- Help digestion and hydration

SMART TARGET

- Vegetables at 2 meals per day
- 1–3 pieces of fruit per day

EASY PICKS

01



Bananas

02



Berries

03



Apples or oranges

04



Carrots or peppers

05

Broccoli, peas or sweetcorn

EASY WIN





Add fruit to breakfast and vegetables to lunch and dinner.

07

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SPORTS DRINKS

Useful at the right times

Sports drinks contain water, carbohydrate and electrolytes. They can help when training is long, hard or back-to-back.



WHY THEY HELP

- Help replace fluid
- Provide quick energy
- Electrolytes such as sodium and potassium help muscles work
- Electrolytes also help your body hold on to fluid
- Electrolytes help prevent muscle cramps

WHEN THEY ARE USEFUL

- Sessions over 60 minutes
- Hot conditions or lots of sweating
- Tournaments or long competitions
- Two sports or sessions close together

ENERGY DRINKS: NOT THE SAME

- Often contain caffeine and stimulants
- Can affect sleep and recovery
- May cause jitters, anxiety or a racing heart
- Not a normal everyday drink for young athletes



EASY WIN

Choose water most of the time. Use sports drinks only when training is long or hard.

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WATER + DAILY CHECKLIST

Hydrate like an athlete.



Water is the most important drink for young athletes. It helps your body stay cool, focused and ready to perform.

HYDRATION BASICS

- Aim for 6–8 glasses per day minimum
- Drink more if active, sweaty or it is hot
- Sip before, during and after training
- Pale yellow pee usually means you are hydrated



6–8 GLASSES PER DAY MINIMUM



DAILY CHECKLIST

01	Protein at each meal	☐
02	Complex carbohydrates at each meal	☐
03	Vegetables at 2 meals per day	☐
04	1–3 fruits per day	☐
05	6–8 glasses of water	☐
06	If you have sweets or chocolate, the best time is after exercise	☐
07	8–10 hours in bed	☐

+ + +

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SMART SWAPS

Better choices most of the time.



You do not need perfect eating.
Just make better choices more often.

01	Greasy chips		→	Potatoes or sweet potatoes 
02	Sweets		→	Fruit 
03	Ice cream		→	Yoghurt with fruit 
04	Sugary cereal		→	Porridge or wholegrain cereal 
05	Fizzy drinks		→	Water, milk or diluted juice 
06	Crisps		→	Popcorn or rice cakes 

REMEMBER

Healthy swaps help you keep energy more stable and fuel your body better.

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SLEEP THE SNEAKY ADVANTAGE

Recover better. Perform better.



SLEEP MATTERS

- Aim for 8–10 hours in bed
- Recovery and muscle building happen during sleep
- Sleep helps mood, energy, focus and reaction speed
- Be off screens for 1 hour before bed

THE SNEAKY ADVANTAGE

Many young athletes train hard but do not fuel properly, drink enough or sleep enough. If you get the basics right, you can recover faster, have more energy and perform better than athletes who ignore them.

FINAL MESSAGE

Simple habits beat talented but tired athletes.

Fuel smart. Sleep well. Gain the edge.