



BEACH TRACK CLUB

NUTRITION GUIDE

A simple starting point for athletes and parents. These are guidelines, not rules. Start with what's easy, notice how you feel and how you train, and adjust from there.

START HERE

THE ESSENTIAL THREE

If you do nothing else, do these. They cover most of what separates a good training day from a flat one.

01

STAY HYDRATED WITH ELECTROLYTES

Drink water all day, not just at practice, and pair it with an electrolyte mix like Nuun, Pedialyte, or Liquid IV. Sweat takes sodium and potassium with it; water alone doesn't put them back.

02

FUEL THROUGHOUT THE DAY

Eat real meals, not one big one at night. The most important window is the 30 minutes after a workout: protein plus carbohydrates then is what turns the session into adaptation.

03

SKIP SWEETS BEFORE ACTIVITY AND ON OFF DAYS

Sugar before a session spikes and then drops your energy right when you need it. On recovery days there's nothing to burn it. Keeping blood sugar steady keeps your energy and mood steady.

PART 1

WHY THIS MATTERS

Nutrition advice is everywhere and most of it conflicts. Most of it is also written for people who don't train the way you do. Athletes have different needs: more fuel, more recovery, and a body that adapts quickly to what you give it.

The basics stay the same for almost everyone. A balanced intake of carbohydrates, protein, and fat is the starting point. From there you experiment: timing, amounts, what you eat around workouts. Over a season you'll figure out what works for you.

Three reasons athletes eat well: better performance, faster recovery, and a body that's built for the work. Everything in this guide serves one of those three.

THE BASICS

Ten habits that do most of the work. Pick two or three to start with. Add the rest as they become easy.

1. Cut back on added sugar. Soda, juice, sports drinks, and sweetened snacks are the big ones. Water and whole fruit cover most of what those were doing.
2. Get your calories from real fats instead. Avocado, olive oil, butter, nuts, eggs, and fatty fish keep you full and steady between meals.
3. Keep additives to a minimum. Artificial sweeteners, dyes, and flavorings don't help you train. Shorter ingredient lists are usually the better pick.
4. Buy organic where it counts. Berries, apples, peaches, peppers, celery, spinach, and potatoes are the ones worth it. Asparagus, avocado, onion, grapefruit, sweet potato, lettuce, and eggplant are fine conventional.
5. Season with real herbs and spices. Thyme, rosemary, garlic, and fresh herbs over powdered mixes.
6. Protein at every meal. Eggs, meat, fish, dairy, or a quality protein powder. This is the one athletes miss most often, especially at breakfast.
7. Enjoy your food. Meals you look forward to are meals you'll keep eating.
8. Eat without a screen when you can. It's easier to notice when you're full and to make a good choice when you're not distracted.
9. Eat your biggest meals after training. Roughly two thirds of your day's calories and carbohydrates land best in the four hours after a workout. That's when your body puts them to use.
10. Stay hydrated all day, not just at practice. Pair water with a good electrolyte mix like Nuun, Pedialyte, or Liquid IV, especially on training days and in the heat.

BUILDING A PLATE

Three tiers. Build most meals from the first column, use the second freely, and treat the third as occasional. Nothing here is off limits; the columns are about what to reach for first.

REACH FOR FIRST

PROTEIN

Grass-fed beef, lamb, bison.
Pastured eggs. Wild salmon,
sardines, trout. Pasture-raised
chicken and turkey.

FATS

Butter and ghee, olive oil,
avocado oil, coconut oil, fish oil.

VEGETABLES

Spinach, kale, broccoli,
cauliflower, asparagus,
cabbage, cucumber, celery,
zucchini, peppers.

FRUIT

Berries, grapefruit, lemon, lime.

DAIRY

Full-fat grass-fed milk, cream,
plain yogurt, if it agrees with
you.

CARBS

White, brown, or wild rice.
Sweet potato and yams around
training.

NUTS

Raw almonds, walnuts, pecans,
cashews, Brazil nuts.

USE FREELY

PROTEIN

Conventional beef, pork, duck,
chicken. Whey protein.

FATS

Sunflower, safflower, and nut
oils. Animal fats.

VEGETABLES

Potatoes, mushrooms,
artichokes, squash, eggplant.

FRUIT

Apple, blueberry, kiwi, orange,
peach, pear, pineapple, plum,
banana, grapes, mango, melon.

DAIRY

Cheese, organic milk.

CARBS

Oats, quinoa, organic wheat,
corn. Beans and lentils. Green
beans, peas.

SWEETENERS

Raw honey, maple syrup,
coconut sugar, stevia.

NOW AND THEN

PROTEIN

Factory-farmed meat and eggs.
Farmed seafood. Soy protein.

FATS

Margarine, shortening, canola
and generic vegetable oils.

DAIRY

Skim and low-fat products,
powdered or condensed milk,
ice cream, frozen yogurt.

CARBS

Refined non-organic grains,
canned fruit and vegetables,
dried fruit.

SWEETENERS

White sugar, agave, high-
fructose corn syrup, juice
concentrate, artificial
sweeteners.

COOKING

Deep-fried, charred, or
blackened food. Roasted nuts
are fine; burnt is not.

Cooking method matters as much as the ingredient. Steamed, poached, boiled, lightly grilled, and sauteed keep the food closest to what it was.

WHEN YOU'RE READY FOR MORE

Once the basics are habit, these are the next experiments. Try one at a time for a few weeks and pay attention to energy, sleep, and how workouts feel. Keep what helps, drop what doesn't.

1. Try a stretch with less gluten. Bread, cereal, and pasta are the common sources. Swap for rice, potatoes, and sweet potatoes rather than packaged gluten-free versions, which are often just as processed.
2. Cook with stable fats. Butter, ghee, olive oil, coconut oil, and animal fats hold up to heat. Corn, soy, canola, and flax oils don't.
3. Lean on quality meat and seafood. Grass-fed beef, lamb, and bison, wild-caught fish, pastured eggs and poultry. If budget forces a choice, prioritize the protein you eat most.
4. Add fermented foods. Kimchi, sauerkraut, kefir, and plain yogurt support digestion, which is where a lot of recovery starts.
5. Try organ meats once a week. Liver and heart are the most nutrient-dense foods you can buy. Mixed into ground beef is the easy way in.
6. Keep fruit to a couple servings a day, favoring berries and citrus. Fruit is great; it just isn't a substitute for vegetables.
7. Choose full-fat, grass-fed dairy if dairy works for you, and skip low-fat and heavily processed versions.
8. Experiment with carb timing. Some athletes feel sharper eating protein and fat in the morning and saving most carbohydrates for after training. Others need carbs early. Test it on a normal training week, not before a meet.

A NOTE ON CONSISTENCY

Eating well isn't about being perfect. It's about the average over a week and a season. A birthday, a team dinner, a road trip: none of that undoes good habits. Make the easy choice easy: keep good food in the house, eat before you're starving, and get back to the plan at the next meal.

If you want help building a plan around your schedule or events, talk to Curtis.