



TENNIS

fuel

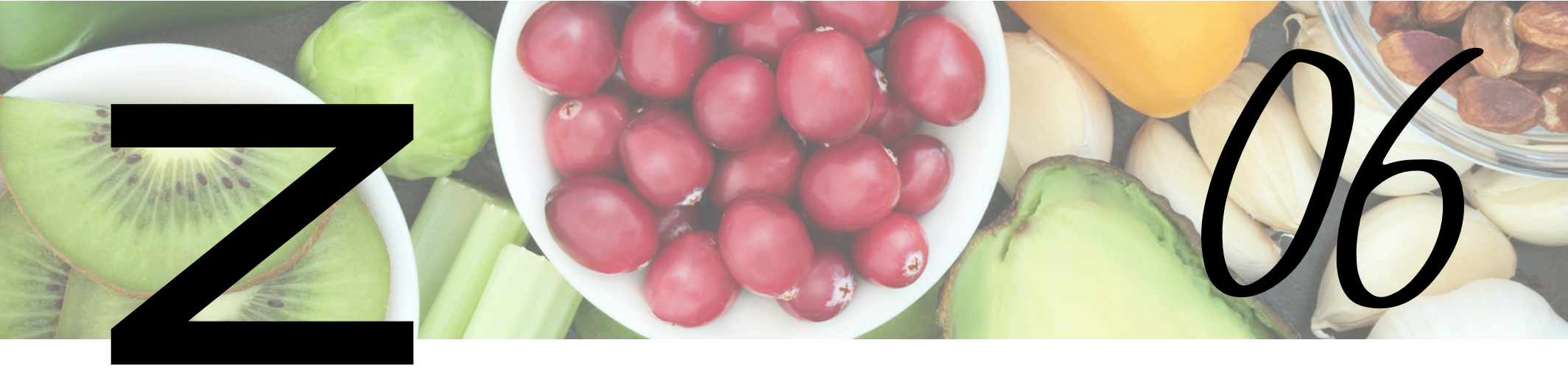
A GUIDE TO TIMING FOOD FOR
ULTIMATE MATCH PLAY

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Food Timing: Why it's a Game Changer



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Calories; How many do I need?



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Hi there, I'm GainGames Head Coach

Mylene Steinhardt!

Thank you so much for downloading
this e-book!

This is meant to be a guide for tennis players looking to use food as the ultimate tool for their match play & recovery! The information in this book is provided to educate you on some basics of the following 4 subjects:

Why Food
timing is a literal
Game Changer

Understanding
Calories as
an athlete

Knowing
when & what
to eat around
matches

Simple Snack
& Meal ideas
for Tennis

My goal is for you to understand how to time foods pre & post match to allow proper digestion, maximum energy & high level recovery as a tennis player. With this guide, I hope that you will gain additional knowledge to feel & play your best while enjoying the foods you love!

Top Reasons

FOOD TIMING CHANGES YOUR GAME

Eating Enough

On the following page, you will learn that an average player requires at least 3000 calories a day to fuel properly. Timing is also part of planning, which ensures getting enough energy and nutrients to thrive as a player!

01

02

Proper Digestion

Eating the wrong foods too soon can mean burning through that fuel before match play, leaving us tired and hungry. On the flip side, eating the wrong foods too late can cause improper digestion, keeping foods stuck in our tummies (which is uncomfortable) and leaving energy we aren't using!

Foods play different roles

Proteins, fats & carbs all contain different nutrients, which play different roles in the body and are absorbed differently. This means certain foods serve us better on the court, while others help us recover. Knowing the right amount of each at the right time means giving your body *what* it needs, *when* it needs it!

03

04

We've all been there:

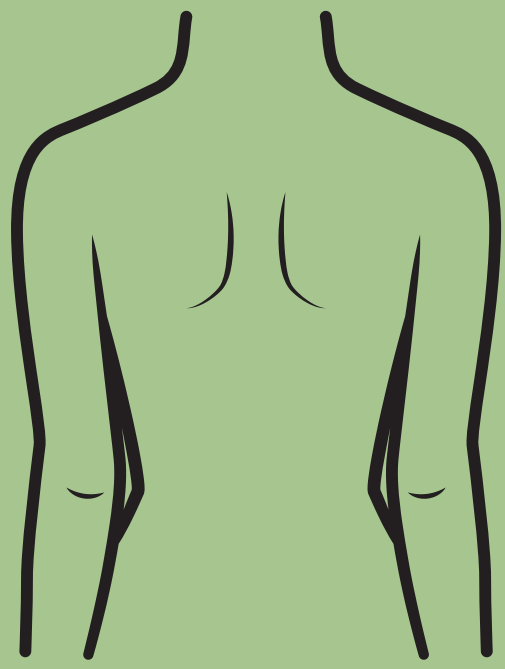
ate a big meal right before a match only to feel sluggish & have stomach cramps. Ate during our match & had the same results. Ate too little during the day and struggled to find energy & focus. These are only a few examples of what we want to avoid!

Before continuing, let me ask you this:

**How many calories should
a Tennis Player (YOU!)
eat on match day?**



4 Factors to Calculate



BMR:

Calories burned at complete rest. AKA minimum calories needed without activity



NEAT:

Movement not considered structured exercise
ex: Walking around



TEF:

Calories burned while digesting food



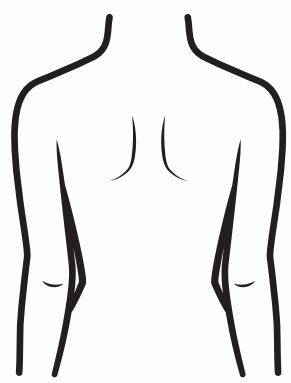
EAT:

Calories burned during exercise
In this case: Tennis warmup, matches & any other form of training

Example Calculations

With Average Calories Burned for

21 y/o Female
Height: 5'6"
Weight: 140 lbs



BMR

1400 cals



NEAT

Not Active
250 cals

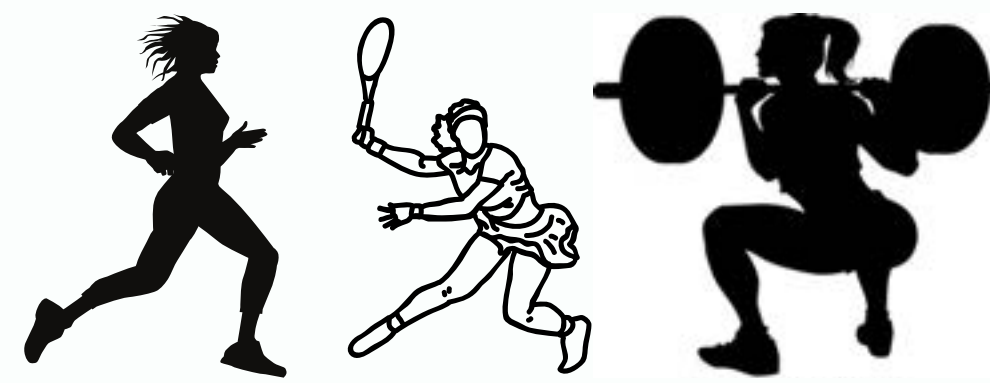
Active
500 cals



TEF

Low End
140 cals

Higher End
215 cals



EAT

1.5 Hour Tennis Match:
1000 cals

1 Hour Practice &
Stretching:
500-1000 cals

Low End: $1400 + 250 + 140 + 1500 = 3290$ cals/day

High End: $1400 + 500 + 215 + 1500 = 3615$ cals/day

That's a lot of energy!

In simple terms

Calories = Energy

and

Food = Energy

Now we do have to remember that not all food equals the same energy. Carbs, fats and protein all contain various nutrients and come in many different forms, meaning they affect every single one of us differently. For now, we will simply focus on roughly how much of each and when we should eat to begin maximizing our quality of play. As an athlete, don't you want the max amount of energy for max amount of performance? I sure do!



Food Timing Cheat Sheet



PRE MATCH:
NIGHT BEFORE



High
40g+



High&Complex
60g+



Med-High Fat
20g+



Med Fiber
5-10g

PRE MATCH:
2-4 HOURS



High
40g+



High&Complex
60g+



Med-High Fat
20g+



Med Fiber
5-10g

PRE MATCH:
30-60 MINUTES



Low Protein
>20g



High&Simple
60g+



Low Fat
>10g



Low Fiber
~5g

DURING MATCH



Low Protein
>20g



High&Simple
60g+



Low Fat
>10g



Low Fiber
~5g

POST MATCH



High
40g+



High&Complex
60g+



Med-High Fat
20g+



Med Fiber
5-10g

NIGHT BEFORE & 2-4 HOURS **PRE MATCH**

High Protein

Protein plays many roles in our body, for example: supporting muscle contraction & movement, digestion, nutrient transportation, muscle repair and more! Amount of grams vary per person, but 40g or more should work well for most people!



40g+



Complex 60g+

High Carbohydrates

Carbs are the body's first and preferred source of energy! Complex carbohydrates take longer to digest and contain many nutrients that our body can store for energy the following day. Make sure to choose Complex Carbs that work well for you!

Medium to High Fats

As a key component of vitamin absorption, maintaining cell membranes and a source of energy, it is important to have fats included in this meal. Amount varies per person and dietary needs, but 20+ grams in this meal is a good place to start



20g+



5-10g

Medium Fiber

The tools we want to use with fiber for this meal are to slow digestion, keep us full longer, maintain blood sugar and smooth movement of food in our GI tract. Average daily amount for men and women range between 20-35g/day. For this meal, 5-10g should work well for most.

30-60MIN PRE MATCH & DURING MATCH

Low Protein

Although protein plays many beneficial roles in our body, it is also difficult to digest (particularly animal based products). To avoid digestive discomfort on the court, stick to lower protein or powder form during this time for easier digestion.



>20g



Simple 60g+

High Carbohydrates

Carbs are the body's first and preferred source of energy! Simple carbohydrates are quicker to digest and allow our bodies to create easily available energy. Fruits or liquid forms are a great tool for this time frame!

Low Fats

Although fat plays many beneficial roles in our body, it also slows digestion, which we don't want right before & during our match. In order to speed up digestion, keep fats low and stick to high amounts of simple carbohydrates!



>10g



~5g

Low Fiber

Since fiber slows digestion, we risk having undigested food & tummy aches when having it too close to match time. In order to speed up digestion, stick to high amounts of simple carbohydrates that have low amounts of fiber!

High Protein

Protein plays many roles in our body, for example: supporting muscle contraction & movement, digestion, nutrient transportation, muscle repair and more! Amount of grams vary per person, but 40g or more should work well to boost recovery!



40g+



Complex 60g+

High Carbohydrates

Carbs are the body's first and preferred source of energy, which we want to replenish post match! Complex carbohydrates take longer to digest, keeping us full & satisfied, along with many nutrients we need for recovery. Make sure to choose Complex Carbs that work well for you!

Medium to High Fats

As a key component of vitamin absorption, maintaining cell membranes and a source of energy, it is important to include fats for proper digestion & recovery! Amount varies per person and dietary needs, but 20+ grams in this meal is a good place to start



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Macro Cheat Sheet

CARBS

Complex:

- Vegetables
- Whole Grains & Legumes
- Brown Rice
- Potatoes & Yams
- WW Pastas & Breads

Simple:

- Fruit
- White breads, pastas & rice
- Milk
- Sugar

- Lentils
- Beans
- Chickpeas
- Edamame
- Peas
- Buckwheat

- Seitan
- Soy Protein
(*Tempeh, Tofu, Etc*)
- Quinoa
- Yogurt

FATS

- Avocado
- Seeds
- Nuts
- Nut Butters
- Olives

- All Oils
(*Veggie, Coconut
Fish & Olive*)
- Flaxseed
- Butter

- Whole Eggs
- Salmon
- Bacon
- Duck
- Whole Fat Dairy
- Steak
- Chia Seeds
- Tofu

- Chicken
- Turkey
- Beef
- Seafood/Fish
- Bison
- Low/non Fat Dairy

PROTEINS

SIMPLE MEAL IDEAS

NIGHT BEFORE & 2-4 HOURS PRE MATCH

1.

Loaded Toast

Whole Grain Bread
+
Protein (ex: Egg, Salmon, Deli Meat)
+
Vegetables
+
Avocado or Cheese
+
Seasoning (ex: Salt, Pepper, Garlic)



2.

Pasta Bowl

Whole Wheat Pasta
+
Protein (ex: Beef, Chicken, Turkey)
+
Olive Oil
+
Sauce (can add beans, veggies, spices, etc)



3.

Protein Oat Bowl

Oats
+
Protein Powder
+
Fresh or Dried Fruit
+
Top with seeds, nuts, cinnamon
Honey or Maple Syrup



4.

Homemade Sandwich

Meat slices
+
Whole Wheat Bread
+
Cheese & vegetables
+
Sauce (ex: Mayo, Mustard, etc)



5.

Yogourt Parfait

Yogourt
+
Fruit (ex: Bananas, Berries, Kiwi)
+
Granola or Oats
+
Nuts & Seeds
+
Agave or Maple Syrup



6.

Protein Pancakes

Protein Powder
+
Pancake mix
+
Top with Fruit, Greek Yogourt
& Maple Syrup



SIMPLE SNACK IDEAS

30-60MIN **PRE MATCH**

1.

Smoothie

Protein Powder
+
Fruit (ex: Banana, Berries)
+
Water or Non Dairy Milk



2.

Smoothie Bowl

(Blend)
Protein Powder
+
Fruit or Berries
+
Water or Milk

(Top with): Honey, Fruit, Rice cakes



3.

Dark Choco Mix

Dark Chocolate
+
Fresh or Dried Fruit



4.

Cracker Sandwiches

White Crackers (Non WW or WG)
+
Protein: (ex: Eggs, Chicken, Deli Meat)
+
Slice of Vegetable
+
Low fat Cheese



5.

Cottage Cheese Bowl

Low Fat Cottage Cheese
+
Fresh or Dried Fruit
+
(Sweet) Honey or Maple Syrup



6.

Fruit Juice

(Homemade)
Fresh Fruit (ex: Oranges, apples, pineapples)
+
Fresh vegetables (ex: cucumber, spinach, beets)



*WW = Whole Wheat
*WG = Whole Grain

SIMPLE SNACK IDEAS

DURING MATCH

1.

Banana



2.

Pretzels



3.

Energy Chews



4.

Dried Fruit



5.

Rice Cakes



6.

Electrolyte Drink



Want to learn more?



Are you ready to change your life?

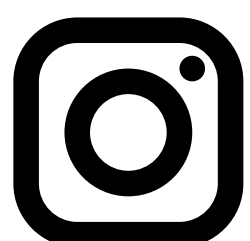
My role as a coach is to help you improve your overall quality of life through fitness and nutrition. My approach to helping you reach your goals is to teach you everything you need to know about nutrition, habits and exercise so that you can maintain strength and aesthetics forever!

Say Yes to yourself and finally breaking through to a better you! Let's work together!

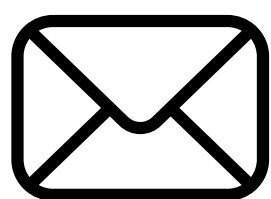
Click the link below to apply for coaching

[APPLY NOW](#)

Let's Also Connect!



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