



FUELING THE U17 PLAYER (15–17)

WRITTEN TO THE PLAYER — YOUR ENGINE, YOUR RESPONSIBILITY NOW

U17 FUELING GUIDE

At U17 the fueling guide talks to YOU, not your parents. You train like an adult now — four nights, gym blocks, showcases — so you fuel like one: **deliberately, on a clock, matched to the day's load**. Big days get big fuel; lighter days ease back. Nobody polices it. The scoreboard is your legs in minute 80.

1 • FUEL, DON'T DIET

No weight talk, no restriction, no calorie counting — at any age in this club. Appetite that rises with training and growth is the system working.

2 • CARBS ARE THE GAS

Soccer runs on carbohydrates — rice, pasta, bread, potatoes, oats, fruit. More on training and game days, a little less on rest days.

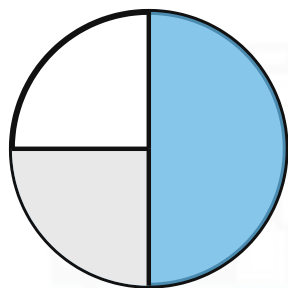
3 • PROTEIN BUILDS, EVERY MEAL

A palm-size portion at breakfast, lunch, and dinner — eggs, milk, yogurt, chicken, beef, fish, beans, peanut butter.

4 • TIMING BEATS PERFECTION

The 3 hours before and 45 minutes after activity matter most. Nail the timing and the rest is normal family food.

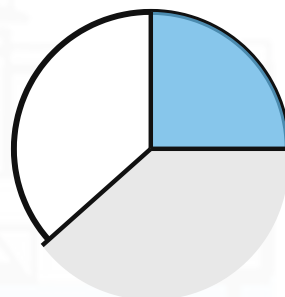
THE PERFORMANCE PLATE — HOW TO BUILD EVERY MEAL



TRAINING & GAME DAYS

- 1/2 CARBS — rice, pasta, bread, potatoes
- 1/4 PROTEIN — chicken, beef, eggs, beans
- 1/4 COLOR — veggies & fruit

+ milk or yogurt · + water · portions scale with the player



REST DAYS

- 1/3 CARBS
- 1/3 PROTEIN
- 1/3 COLOR — go bigger on veggies

Same foods, shifted portions. Nothing is “banned.”

THE HOUSE RULES (POST THESE ON THE FRIDGE)

- ✓ Breakfast every single day — non-negotiable for growing athletes
- ✓ Chocolate milk (or yogurt + fruit) within 45 min of every practice & game
- ✗ Energy drinks never · caffeine only if 16+, small doses, never after noon, never pre-match
- ✗ Nothing fried or brand-new to the stomach on game day
- ✓ A full water bottle at every meal, at school, and at practice
- ✓ Three dairy/calcium servings a day — bones are banking now
- ✗ No soda on training or game days — it's an occasional treat, not a drink
- ✓ Dessert is dessert — never a reward or a punishment



THE SCHOOL-DAY FUELING CLOCK

PRACTICE NIGHTS (4 CLUB NIGHTS + GYM BLOCKS + HS SEASON) · SESSIONS 105–120 MIN

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6:45–7:15 AM	BREAKFAST — the day's foundation. Carb + protein + fruit, every day. Rotate: oatmeal with berries & milk · eggs + toast + OJ · Greek yogurt parfait · cereal + milk + banana · bagel with peanut butter. “Not hungry” players start with a smoothie (milk + banana + frozen berries + spoon of PB).
11:30–12:30	SCHOOL LUNCH. Packed: sandwich or wrap + fruit + pretzels or crackers + milk or water. Buying: pick the grilled option over the fried one, always take the fruit, always take the milk. Lunch is fuel for practice — skipping or trading it shows up tonight.
3:30–4:30 PM	PRE-PRACTICE SNACK — the most important snack of the day. Carb-forward, easy on the stomach: banana + peanut butter crackers · yogurt + granola · half a PB&J · applesauce + cheese stick · trail mix + apple. Plus a full bottle of water between now and practice.
30–60 MIN BEFORE	TOP-OFF (only if the snack was early or missed): a banana, an applesauce pouch, or a granola bar. Nothing heavy inside the last hour.
6:30–8:30 PM	PRACTICE. Water baseline. Sports drink for 90+ min sessions, double days, and heat. Reading your own sweat rate (weigh-in/weigh-out on brutal days) is a pro habit worth starting. The bottle arrives full and comes home empty.
WITHIN 45 MIN AFTER	RECOVERY SNACK — the golden window. Carb + protein starts repair before dinner: chocolate milk is the club's official recovery drink — or a yogurt tube + banana, or half a PB&J in the car.
8:45–9:15 PM	DINNER — the training plate. Half the plate carbs on practice nights; big portions on hard nights are correct, not a problem. You can cook three of this guide's dinners yourself by now. Start. College is coming.
phones out of the room by 10:30 PM	SLEEP — 8–10 hours at this age. The best recovery tool that exists at any level of the game. Genuinely hungry before bed: milk, yogurt, or a banana.

NON-PRACTICE DAYS

Same clock, minus the top-off and recovery snack. After-school snack becomes fruit + a protein. Dinner uses the rest-day plate.

PERIODIZED EATING — MATCH FUEL TO LOAD

Hard session or match tomorrow → tonight's plate is the ½-carb training plate. Rest day → thirds plate, protein and color up. Double days → add a second lunch and double recovery. This is the entire principle behind how pros eat — food quantity follows training load, automatically, without drama.

LIFTING & GYM DAYS

GYM DAYS: meal 1.5–2h before lifting; protein + carb within 45 min after (chocolate milk, yogurt + banana, or dinner itself). Lifting fasted 'to cut' is banned thinking — it costs muscle, the exact thing you're there to build.



GAME DAY

90-MINUTE MATCHES — NOTHING NEW, NOTHING FRIED, NOTHING RUSHED

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MORNING KICKOFF (e.g., 9:00 AM)

3–3.5h before • Breakfast: pancakes or oatmeal + scrambled eggs + banana + milk/OJ. Familiar and carb-forward.

60–75 min before • Top-off: banana or granola bar + water in the car.

Warm-up onward: water only.

AFTERNOON KICKOFF (e.g., 2:00 PM)

Normal breakfast at the usual time.

3–3.5h before • Pre-match meal: pasta with red sauce, or a turkey sandwich + pretzels + fruit + water. Light on the sauce and cheese.

60–75 min before • Top-off: banana / applesauce pouch.

HALFTIME

Water + fast carbs at half. On double-header showcase days, halftime discipline is what your second game is made of.

POST-MATCH — THE SAME GOLDEN WINDOW

Within 45 minutes: chocolate milk + a banana or PB crackers (keep a small cooler in the car — it removes every excuse).

Within 2 hours: a real meal on the training plate — burrito bowl, chicken + rice, spaghetti, deli sub + milk. Drive-through reality: grilled option + milk + fruit side is a perfectly good recovery meal.

TOURNAMENT DAYS — EAT BY THE GAP

Under 1 hour between games: fruit, applesauce, pretzels, sports-drink sips. Grazing, not eating.

1–2 hours: half a turkey or PB&J sandwich + fruit + water.

2+ hours: a normal light meal, finished 90 min before the next kickoff.

Pack the cooler the night before: sandwiches, bananas, applesauce, pretzels, cheese sticks, chocolate milk, frozen water bottles (they're the ice packs).

GAME-DAY DON'TS

❌ Nothing fried or greasy before kickoff (biscuits, sausage, fries, fast-food breakfast)

❌ No soda, no energy drinks — and concession-stand candy waits until after the last game

❌ No new foods, new bars, or new drinks on a game day — test everything on a practice day first

❌ Don't skip the post-match snack because lunch is "soon" — the window matters most on multi-game days



THE WEEKLY PLAN

ONE WEEK, ON REPEAT — SWAP FREELY WITHIN ANY COLUMN

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	BREAKFAST	LUNCH (PACK OR PICK)	AFTER-SCHOOL / PRE-PRACTICE	DINNER
MONDAY LIGHTER DAY	Oatmeal + berries + milk	Turkey & cheese sandwich, apple, pretzels, water	Apple + cheese stick	Chicken, rice & broccoli + milk
TUESDAY PRACTICE	Scrambled eggs + toast + OJ	School lunch: grilled pick + fruit + milk	Banana + PB crackers · recovery: chocolate milk	Spaghetti & meat sauce + salad + garlic bread
WEDNESDAY PRACTICE	Greek yogurt + granola + banana	Ham & cheese wrap, carrots + ranch, fruit cup	Yogurt + granola · recovery: chocolate milk	Turkey tacos + beans + rice + toppings
THURSDAY PRACTICE	Whole-grain cereal + milk + banana	Leftover taco quesadilla + apple + water	Half PB&J + banana · recovery: chocolate milk	Baked fish (or rotisserie chicken) + mashed potatoes + green beans
FRIDAY NIGHT BEFORE GAME	Bagel + peanut butter + fruit	Turkey sandwich, pretzels, grapes, milk	Smoothie (milk, banana, frozen berries, PB)	PASTA NIGHT: chicken + pasta (red sauce) + bread + salad — carbs up, early night
SATURDAY GAME DAY	Per the Game Day page (by kickoff time)	Post-match meal within 2 hours	Cooler: chocolate milk, bananas, PB crackers, applesauce	Burrito bowls (rice, beans, chicken, cheese) + milk
SUNDAY REST & RESET	Pancakes + eggs + fruit (family breakfast)	Family meal — rest-day plate (1/3 each)	Popcorn + fruit · prep snack drawer for the week	Roast chicken + potatoes + veg — cook once, use leftovers Mon/Tue lunches

THE SNACK DRAWER + FRUIT BOWL SYSTEM

Stock one drawer and one bowl on Sunday; players self-serve all week: bananas, apples, grapes · PB crackers · pretzels · granola bars · trail mix · applesauce pouches. Fridge zone: yogurt tubes, cheese sticks, chocolate milk boxes, baby carrots + hummus.

SWAP FREELY — THE COLUMNS ARE THE RULE, NOT THE MENU

Any breakfast for any breakfast, any dinner for any dinner. Portions scale with the player — a U17 in a growth phase eating seconds is the plan working. Budget week? Eggs, beans, rice, frozen veg, and store brands hit every target.

Halal/kosher/vegetarian: swap the protein 1-for-1 — the plate stays the same.



THE ONE-TRIP GROCERY LIST

EVERYTHING ON PAGES 1-4, ONE CART, ANY SUPERMARKET

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PRODUCE

- ☐ Bananas (big bunch — the MVP)
- ☐ Apples
- ☐ Grapes
- ☐ Oranges (halftime slices)
- ☐ Berries (fresh or frozen)
- ☐ Baby carrots
- ☐ Broccoli (fresh or frozen)
- ☐ Green beans (fresh or frozen)
- ☐ Salad kit
- ☐ Potatoes / mashed-ready
- ☐ Lemons or limes (water flavor)

DAIRY & EGGS

- ☐ Milk (2 gallons)
- ☐ Chocolate milk (jug or lunchbox boxes)
- ☐ Greek yogurt tub + yogurt tubes
- ☐ Cheese sticks
- ☐ Shredded cheese
- ☐ Butter
- ☐ Eggs (18-count)

PROTEINS

- ☐ Chicken breasts or thighs
- ☐ Rotisserie chicken (the weeknight cheat code)
- ☐ Ground turkey or lean beef (2 lbs)
- ☐ Deli turkey & ham
- ☐ Fish fillets or fish sticks
- ☐ Canned black beans / refried beans (3 cans)
- ☐ Peanut butter (big jar)
- ☐ Hummus

GRAINS & BREAD

- ☐ Whole-grain sandwich bread (2 loaves)
- ☐ Bagels
- ☐ Tortillas / wraps
- ☐ Spaghetti + 1 more pasta shape
- ☐ Pasta sauce (2 jars)
- ☐ Rice (big bag)
- ☐ Oatmeal
- ☐ Whole-grain cereal
- ☐ Pancake mix
- ☐ Granola

SNACK AISLE

- ☐ Peanut butter crackers
- ☐ Pretzels
- ☐ Granola bars (simple ones)
- ☐ Trail mix
- ☐ Applesauce pouches
- ☐ Popcorn
- ☐ Jelly / jam
- ☐ Fruit cups (in juice)

FREEZER & EXTRAS

- ☐ Frozen berries (smoothies)
- ☐ Frozen veg backup bags
- ☐ Taco kit / taco seasoning
- ☐ Salsa
- ☐ Sports drink (per this guide's rule only)
- ☐ Water bottles or a good refillable
- ☐ NOT on the list: soda, energy drinks

THE 10-MINUTE SUNDAY SETUP

Roast the chicken · boil eggs · fill the snack drawer and fruit bowl · pack Saturday's cooler list on the fridge door · freeze two water bottles. Ten minutes on Sunday runs the whole week.



HYDRATION, GROWTH & QUICK ANSWERS

THE U17-SPECIFIC ANSWERS

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HYDRATION — THE BOTTLE RULE

A full bottle **with every meal**, one **at school**, one **at practice** — the baseline. Game days and SC summer: start the day before; urine should look like pale lemonade, not apple juice. Water baseline. Sports drink for 90+ min sessions, double days, and heat. Reading your own sweat rate (weigh-in/weigh-out on brutal days) is a pro habit worth starting.

THE U17 STANDARDS

Protein at all four eating moments (3 meals + recovery). Calcium x3 still — bone density banks until ~25. Iron awareness stays (girls especially). **Underfueling is the silent career-killer at this age** — flat performance, stalled lifts, stress-fracture patterns, disrupted cycles: all are see-the-doctor signals the club takes seriously and handles quietly. **Sleep 8–10 hours**; screens are the enemy, not your schedule.

QUICK ANSWERS

“Creatine? Half my school team uses it.” Not under the club's roof at this age without a doctor's guidance. It's the most-studied supplement in sport — at adult ages. At 15–17: food, sleep, and the program deliver more than any tub. Revisit the question at 18 with a professional.

“Pre-workout / energy drinks before games?” No. High-dose caffeine wrecks sleep, spikes anxiety, and is banned from our sidelines. If you're 16+ and use caffeine at all: small (a coffee, not a can of chaos), never after noon.

“Showcase weekends — three games, hotel food?” Pack the cooler like a pro: bagels, PB, bananas, pretzels, chocolate milk, applesauce. Hotel breakfast: eggs + toast + fruit, skip the pastry pile. Eat by the gap between games (see Game Day page).

“How do I gain muscle for next season?” Eat the training plate at every meal + never skip recovery + sleep 9 + follow the gym program. Mass follows the boring stuff done daily for months. There is no shortcut, only consistency.

“What do college coaches actually notice?” Players who fade at 70 minutes — and players who don't. Fueling and sleep are the cheapest fitness advantage you own. Treat them like training.

A NOTE ON FOOD TALK — CLUB POLICY

Adults at Soda City FC do not comment on players' bodies or weight, label foods “good” and “bad,” or attach food to punishment or reward — at any age. We talk about fueling, energy, and recovery — full stop. If eating habits ever worry you, the right first call is your pediatrician or a registered dietitian, and the club will support quietly and completely.

DISCLAIMER

This guide is general fueling guidance for healthy U17 athletes, not medical advice. Food allergies, diabetes, coeliac disease, vegetarian/vegan or religious diets, and any medical condition change the details — your pediatrician or a registered dietitian (eatright.org “Find a Nutrition Expert”) personalizes it. Tell your coach and team manager about allergies so the sideline is safe.