



FUELING THE U19 PLAYER (17–19)

WRITTEN TO THE PLAYER — THE BRIDGE YEAR: EAT LIKE THE LEVEL YOU’RE HEADED TO

U19 FUELING GUIDE

Within 18 months you'll be feeding yourself at a college dining hall, a pro environment, or an adult league schedule — with nobody packing the cooler. U19 fueling has one goal: **walk out of this club running your own system.** Cook the staples, own your clock, read your own load. This is the year the habit becomes yours.

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.

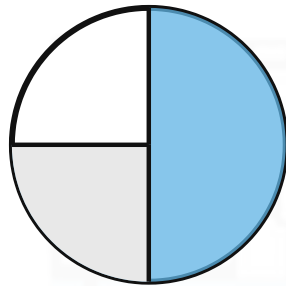
3 • PROTEIN BUILDS, EVERY MEAL

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.

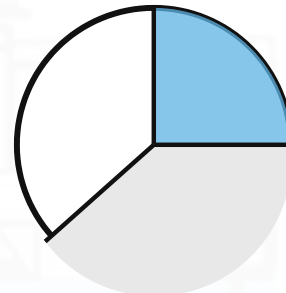
THE PERFORMANCE PLATE — HOW TO BUILD EVERY MEAL



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 like a pro if at all: small, early, never pre-match · alcohol: flat no — illegal under 21 and a recovery-wrecker
- ✗ 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 (3–4 TEAM NIGHTS + INDIVIDUAL PROGRAM) · SESSIONS 90–120 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.
varies — own your calendar	PRACTICE. Water baseline; sports drink by duration/heat as at U17. Start learning your personal sweat rate and preferences now — college preseason will assume you know. 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.
varies	DINNER — the training plate. Half the plate carbs on practice nights; big portions on hard nights are correct, not a problem. You cook at least three dinners a week now. The six staples (page 6) are the whole curriculum.
consistent sleep/wake times — the schedule IS the supplement	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.

THE COLLEGE-PREP STANDARD

Your future program will hand you a fitness test and a dining hall. Practice both now: build every dining-hall-style meal from the plate model (grill + rice + salad bar beats the fryer line), schedule eating around YOUR training calendar without reminders, and arrive at preseason having run your own fueling for a year. Coaches notice self-managed athletes immediately.

LIFTING & GYM DAYS

GYM DAYS: as U17 — meal 1.5–2h before, protein + carb within 45 after. Add: learn to train and eat at MORNING hours too; college lifts at 6 AM, and your stomach should meet that schedule before it has to.



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. Run your own halftime routine — nobody will hand you orange slices at the next level (pack your own).

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 U19 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 U19-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 by duration/heat as at U17. Start learning your personal sweat rate and preferences now — college preseason will assume you know.

THE U19 STANDARDS

Adult portions, adult ownership. Protein $\times 4$ daily, calcium still $\times 3$ (bone banks to ~ 25), iron awareness permanent. Underfueling remains the biggest silent risk in transition years — new schedules eat routines. If weight, energy, or (for women) cycles change noticeably in your first college semester, that's a call to the team dietitian/doctor, not a toughness test. **Sleep 8–10, consistently timed.**

QUICK ANSWERS

“Supplements now?” Food first, still. At 18+, if you consider anything (protein powder for convenience, creatine), the rule is: third-party tested (NSF Certified for Sport) + cleared by a doctor/RD — and know that college programs will have their own approved lists. Nothing from a gas station, ever.

“Caffeine?” You're an adult-ish: if you use it, use it like a pro — small doses, before noon, never to replace sleep, never energy drinks. If you 'need' caffeine daily, you have a sleep problem to fix, not a caffeine habit to fund.

“Alcohol?” Flat no from the club: it's illegal under 21, and it measurably wrecks recovery, sleep, and next-day performance. The players who make the next level are overwhelmingly the ones who skip it.

“Eating on a college budget?” Eggs, rice, beans, frozen veg, oats, bananas, peanut butter, whole chickens, store brands. The cheapest possible diet and the correct athlete diet are nearly the same list. Learn it now.

“Pro trial / preseason fitness test coming?” Two weeks out: nothing new. Nail sleep, carbs up on hard days, hydrate daily not day-of, and arrive boring and ready. Fitness tests are won in the preceding month, not the preceding meal.

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 U19 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.