

## TABLE OF CONTENTS

ACKNOWLEDGMENTS .....	10
FOREWORD .....	11

## SECTION I DAY-TO-DAY EATING FOR ENERGY

CHAPTER 1	
DAILY EATING FOR HEALTH AND HIGH ENERGY .....	13
CHAPTER 2	
BREAKFAST: THE MEAL OF CHAMPIONS .....	29
CHAPTER 3	
LUNCH, SNACKS, AND DINNER .....	39
CHAPTER 4	
VITAMINS AND SUPPLEMENTS FOR SOCCER PLAYERS .....	55

## SECTION II CARBS, PROTEIN, FATS, AND FLUIDS— THE RIGHT BALANCE

CHAPTER 5	
CARBOHYDRATES: THE FUNDAMENTAL FUEL .....	63
CHAPTER 6	
PROTEIN FOR MUSCLES .....	73
CHAPTER 7	
FATS—THE RIGHT KINDS FOR YOUR SPORTS DIET .....	89

**CHAPTER 8**

<b>FLUIDS, WATER, AND SPORTS DRINKS .....</b>	<b>97</b>
---	-----------

**CHAPTER 9**

<b>COMMERCIAL SPORTS FOODS: CONVENIENCE OR NECESSITY? .....</b>	<b>109</b>
---	------------

**SECTION III  
SPORTS NUTRITION—EATING TO WIN**

**CHAPTER 10**

<b>FUELING BEFORE PRACTICES AND GAMES .....</b>	<b>117</b>
---	------------

**CHAPTER 11**

<b>FOODS AND FLUIDS DURING PRACTICES AND GAMES .....</b>	<b>127</b>
--	------------

**CHAPTER 12**

<b>RECOVERY AFTER INTENSE PRACTICES AND GAMES .....</b>	<b>133</b>
---	------------

**CHAPTER 13**

<b>TIPS FOR TOURNAMENTS AND TRAVELING SOCCER PLAYERS .....</b>	<b>141</b>
--	------------

**SECTION IV  
WEIGHT AND SOCCER**

**CHAPTER 14**

<b>ENERGY NEEDS OF SOCCER PLAYERS .....</b>	<b>151</b>
---	------------

**CHAPTER 15**

<b>BULKING UP HEALTHFULLY .....</b>	<b>159</b>
-------------------------------------	------------

**CHAPTER 16**

<b>GETTING LIGHTER AND LEANER .....</b>	<b>165</b>
---	------------

## TABLE OF CONTENTS

### CHAPTER 17

DIETING GONE AWRY .....	177
-------------------------	-----

## WINNING RECIPES:

EATING WITH A PURPOSE .....	187
-----------------------------	-----

BREAKFASTS .....	190-196
------------------	---------

- Manya Makoski's Snickerdoodle Pancakes
- Karina LeBlanc's Game Day Pancakes
- Nikki Krzysik's and Lydia Williams' Soufflé Omelet
- Christie Rampone's Carrot Apple Muffins
- Good Grain Granola
- Baked French Toast

SMOOTHIES & MUNCHIES .....	197-201
----------------------------	---------

- Cori Alexander's Strawberry Banana Smoothie
- Nicole Barnhart's Peanut Butter Smoothie
- Natalie Spilger's Pick-Me-Up Trail Mix
- Wozzie's Wild Guacamole
- Hot 'n Cheesy Black Bean Spinach Dip

SOUPS, STEWS, CHILI .....	202-207
---------------------------	---------

- Christie Welsh's Chicken Noodle Soup
- Karina LeBlanc's Chicken Stew
- Aly Wagner's Turkey Chili
- Kacey White's Grandmother's Shrimp Gumbo
- Rosana's Feijoada

## FOOD GUIDE FOR WOMEN'S SOCCER

### SIDE DISHES ..... 208-215

- Brandi Chastain's Avocado Salad
- Stephanie Cox's Tossed Salad with Cranberries and Pecans
- Cat Whitehill's Sweet Potato Fries
- Rachel Buehler's Easy Party Chicken Wings
- Tomato Casserole
- Heather O'Reilly's Herb Baked Potatoes
- Oodles of Noodles Pudding (Kugel)
- Quinoa Salad

### MAIN MEALS ..... 216-230

- Carli Lloyd's Vegetable Quiche
- Kristine Lilly's Chicken with Mushrooms and Roasted Potatoes
- Val Henderson's Braised Moroccan Chicken
- Kristine Lilly's Pasta with Chicken
- Keeley Dowling's Barbeque Salmon
- Homare Sawa's Sushi
- Nancy Augustyniak Goffi's Enchilada Casserole
- Marta's Signature Lasagna
- Brittany Bock's Brats
- Sophia Perez's Burgers with a Difference
- Tasha Kai's Favorite Fried Rice
- Aya Miyama's Japanese-style Hamburgers
- Bagel Panini
- Mexican Pizza

### SWEETS AND TREATS ..... 231-235

- Abby Wambach's Date Bars
- Allison Falk's Black Bottom Cupcakes
- Peanut Butter Cereal Bars
- Apple Snack Cake

## TABLE OF CONTENTS

ADDITIONAL RESOURCES .....	236
RECOMMENDED READING .....	237
INTERNET RESOURCES .....	238
SOCER RESOURCES .....	239
INDEX .....	242
PHOTO CREDITS .....	255