



the
PERFORMANCE
PLATE
SYSTEM

Welcome to The Performance Plate System!!

To the athlete who is striving to be better and do better every single day.

To the parent who wants to support your child's dreams in every way you can.

You are in the right place, focusing on the right thing.

Fueling is one of the most overlooked pieces of an athlete's development. For years, most athletes were taught to train harder... but not how to fuel better. Few people truly understood how much the right types of food- and the right amounts of food - can impact performance, recovery, growth, and long-term results.

But when an athlete begins to match their nutrition to the level of training they are doing, everything changes.

Energy improves.

Recovery improves.

Confidence improves.

Performance improves.

That is exactly why this system exists.

This guide will teach you where to begin when it comes to fueling in a way that is simple, structured, and sustainable. No calorie tracking. No complicated rules. My goal was to make it simple enough for athletes as young as 10 could follow!

I'm excited for you!

-Kelsey

HOW THIS WORKS

WHAT THIS GUIDE WILL HELP YOU DO

By the end of this guide, you will be able to:

- Build meals that give you more energy for practices and games
- Know more about how much you need to eat for your body and your training
- Feel confident about what to eat
- Stay consistent with fueling even on busy days
- Build habits that support your goals on and off the field/track/court/pool

HOW TO USE THIS GUIDE

Here is your game plan:

1. Use the Plate Selection Page to find your recommended* plate size (Blue Plates, Green Plates, or Red Plates).
2. Use the plate pages to build meals using the foods and portions listed.
3. Most athletes will eat three- four plates per day plus 2-3 snacks daily.
4. As training gets harder, your body grows, or goals change, your plate size can change too.

QUICK BUT IMPORTANT NOTE:

I want to be very clear: this is a guide, not a personalized meal plan. This system is designed to give you a strong starting point and teach you how to think about fueling. Every athlete is different, and true personalization comes from coaching, feedback, and adjustments over time.

If you ever want a fully personalized plan and ongoing support, that is something we offer inside our community. But this guide will still take you much further than guessing.

BUILD YOUR PLATES

Each color of plate will have different portion sizes, but the way you build it will be the same.

1 CHOOSE A PROTEIN

Examples: Chicken, eggs, Greek yogurt, steak, protein shake, turkey etc.

What it does: Builds muscle, supports recovery, and helps you stay strong.

2 CHOOSE A CARB

Examples: Rice, pasta, potatoes, quinoa, bread, tortillas etc.

What it does: Gives your body the energy it needs to train hard and perform.

3 CHOOSE A HEALTHY FAT

Examples: Avocado, nuts, nut butters, olive oil, full fat dairy, fatty meats, etc.

Tip: If you choose a higher-fat protein (like whole eggs or salmon, you can skip the added fat section.)

What it does: Helps hormones, brain function, and gives you steady energy.

4 ADD 2 COLORS (1 FRUIT + 1 VEGGIE)

Examples: Any combo of 1 fruit + 1 veggie. (Carrots + apple, Bell pepper + banana, etc.)

What it does: Provides vitamins + nutrients that keep your body healthy and helps you with recovery.

ATHLETE PLATE SELECTION

Follow the table below to help you select the right category of plates for you!

The recommendation is to have:

- 3 performance plates per day
- Additional 2-3 snacks on top of that! (snacks being 200-300 calories each)

Athlete Weight	Most Common Plate To Use	When to Size Up
Under 120 lbs	Mostly Blue Plates	Intense workouts/ practices, games, tournaments → size up to green plates
120-150 lbs	Mix of Blue and Green	Game days and heavy training → lean toward green plates, lighter days, do a mix of blue and green plates. (ex. Breakfast blue, lunch green, dinner green)
150-170 lbs	Mostly Green Plates	Intense workouts/ practices, games, tournaments → size up a red plate
170-190	Mix of Green and Red	Two a days, high intensity workouts → do majority red plates
190+	Mostly Red Plates	In-season or very hard days → add an extra blue plate with the 3 red plates!

BLUE = 500 CALORIE PLATE → 30 G PROTEIN, 60 G CARBS, 15 G FATS

GREEN = 750 CALORIE PLATE → 45 G PROTEIN, 90 G CARBS, 22ISH G FATS

RED = 1000 CALORIE PLATE → 60 G PROTEIN, 120 G CARBS, 30 G FATS

THE BLUE PLATE

Target for this plate: 30g protein, 60g carbs, and 15g fat

You do not need to track this. The portions below are built to land close to this target.

STEP 1: CHOOSE YOUR PROTEIN

- **Lean Proteins that need a fat added**
 - 4 oz cooked chicken breast
 - 4 oz ground turkey (93%+)
 - 4 oz ground beef (93%+)
 - 4 oz lean steak
 - 4 oz high quality deli meat (turkey, ham, roast beef)
 - 1 cup low-fat Greek yogurt
 - 1 cup low-fat cottage cheese
 - 1 scoop of protein with low fat milk
 - 5 egg whites
- **Protein sources that contain fat** (this means you do not need to add a fat source to the plate)
 - 3 whole eggs + 3 egg whites
 - 4 oz salmon
 - 4 oz chicken sausage or bacon
 - 1 cup full-fat Greek yogurt
 - 1 cup full-fat cottage cheese
 - 4 oz high fat steak
 - 4 oz chicken thighs
 - 1 scoop of protein with whole milk

STEP 2: CHOOSE YOUR CARB

- **Every plate needs 1 option!! You can mix and match.**
 - 1 cup cooked white or brown rice
 - 1 cup cooked pasta
 - 1 medium potato or sweet potato
 - 1 bagel
 - 2 slices wheat or whole grain bread
 - 1 cup cooked oats + 1 tablespoon honey
 - 1/2 cup dry oats + 1 tablespoon honey
 - 1 cup unsugared cereal
 - 1 large tortilla or 2 small tortillas
 - 1 English muffin + 1 Tbsp jam or honey
 - 1 cup quinoa
 - 1 cup couscous
 - 1 cup mashed potatoes
 - 1 cup cooked ramen or noodles
 - 2, 6" pancakes + 1 Tbsp maple syrup
 - 1 large waffle + 1 Tbsp maple syrup
 - 2 normal sized muffins

STEP 3: CHOOSE YOUR FAT

- **If you chose a lean protein, you need this!**
 - 1 tablespoon olive oil
 - 1 tablespoon nut butter
 - 2 tablespoons hummus
 - 2 tablespoons guacamole
 - 1 slice cheese
 - 1/4 avocado
 - Small handful of nuts
 - 1 tablespoon butter
 - 2 tablespoons ranch or dressing
 - 1 tablespoon pesto
 - 1 tablespoon mayonnaise
 -

STEP 4: CHOOSE YOUR 2 COLORS

- **Color 1: 1 cup/size of fist of any fruit!**
 - ex: 1 apple
 - 1 banana
 - 1 cup any berries
 - 1 mango
 - 1 cup pineapple
 - Any other fruit
 -
- **Color 2: 1 cup/size of fist of any vegetable!**
 - ex: 1 cup carrots
 - 1 bell pepper
 - 1/2 cucumber
 - 1 cup lettuce
 - Any veggie!

THE GREEN PLATE

Target for this plate: 45 g protein, 90 g carbs, and 22ish g fat

You do not need to track this. The portions below are built to land close to this target.

STEP 1: CHOOSE YOUR PROTEIN

- Lean Proteins that need a fat added
 - 6 oz cooked chicken breast
 - 6 oz ground turkey (93%+)
 - 6 oz ground beef (93%+)
 - 6 oz lean steak
 - 6 oz high quality deli meat (turkey, ham, roast beef)
 - 1 1/2 cup low-fat Greek yogurt
 - 1 1/2 cup low-fat cottage cheese
 - 1 1/2 scoops of protein with low fat milk
 - 8 egg whites
- Protein sources that contain fat (this means you do not need to add a fat source to the plate)
 - 5 whole eggs + 5 egg whites
 - 6 oz salmon
 - 6 oz chicken sausage or bacon
 - 1 1/2 cup full-fat Greek yogurt
 - 1 1/2 cup full-fat cottage cheese
 - 6 oz high fat steak
 - 6 oz chicken thighs
 - 1 1/2 scoops of protein with whole milk

STEP 2: CHOOSE YOUR CARB

- Every plate needs 1 1/2 options!! Choose 1 full options and 1/2 of another to add to your plate.
 - 1 cup cooked white or brown rice
 - 1 cup cooked pasta
 - 1 medium potato or sweet potato
 - 1 bagel
 - 2 slices wheat or whole grain bread
 - 1 cup cooked oats + 1 tablespoon honey
 - 1/2 cup dry oats + 1 tablespoon honey
 - 1 cup unsugared cereal
 - 1 large tortilla or 2 small tortillas
 - 1 English muffin + 1 Tbsp jam or honey
 - 1 cup quinoa
 - 1 cup couscous
 - 1 cup mashed potatoes
 - 1 cup cooked ramen or noodles
 - 2, 6" pancakes + 1 Tbsp maple syrup
 - 1 large waffle + 1 Tbsp maple syrup
 - 2 normal sized muffins

STEP 3: CHOOSE YOUR FAT

- If you chose a lean protein, you need this!
 - 1 1/2 tablespoon olive oil
 - 1 1/2 tablespoon nut butter
 - 3 tablespoons hummus
 - 3 tablespoons guacamole
 - 1 1/2 slice cheese
 - 1/3 avocado
 - 1/4 cup of nuts
 - 1 1/2 tablespoon butter
 - 3 tablespoons ranch or dressing
 - 1 1/2 tablespoon pesto
 - 1 tablespoon mayonnaise

STEP 4: CHOOSE YOUR 2 COLORS

- Color 1: 1 cup/size of fist of any fruit!
 - ex: 1 apple
 - 1 banana
 - 1 cup any berries
 - 1 mango
 - 1 cup pineapple
 - Any other fruit
 -
- Color 2: 1 cup/size of fist of any vegetable!
 - ex: 1 cup carrots
 - 1 bell pepper
 - 1/2 cucumber
 - 1 cup lettuce
 - Any veggie!

THE RED PLATE

Target for this plate: 60 g protein, 120 g carbs, and 30 g fat

You do not need to track this. The portions below are built to land close to this target.

STEP 1: CHOOSE YOUR PROTEIN

- **Lean Proteins that need a fat added**
 - 8 oz cooked chicken breast
 - 8 oz ground turkey (93%+)
 - 8 oz ground beef (93%+)
 - 8 oz lean steak
 - 8 oz high quality deli meat (turkey, ham, roast beef)
 - 2 cups low-fat Greek yogurt
 - 2 cups low-fat cottage cheese
 - 2 scoops of protein with low fat milk
 - 10 egg whites
- **Protein sources that contain fat (this means you don't need a fat source to the plate)**
 - 6 whole eggs + 6 egg whites
 - 3 eggs + 3 egg whites + 1 chicken sausage (or 2 slices bacon)
 - 8 oz salmon
 - 2 cups full-fat Greek yogurt
 - 2 cups full-fat cottage cheese
 - 8 oz high fat steak
 - 8 oz chicken thighs
 - 2 scoops of protein with whole milk

STEP 2: CHOOSE YOUR CARB

- **Every plate needs 2 options. You can double 1 option, or choose 2 separate ones.**
 - 1 cup cooked white or brown rice
 - 1 cup cooked pasta
 - 1 medium potato or sweet potato
 - 1 bagel
 - 2 slices wheat or whole grain bread
 - 1 cup cooked oats + 1 tablespoon honey
 - 1/2 cup dry oats + 1 tablespoon honey
 - 1 cup unsugared cereal
 - 1 large tortilla or 2 small tortillas
 - 1 English muffin + 1 Tbsp jam or honey
 - 1 cup quinoa
 - 1 cup couscous
 - 1 cup mashed potatoes
 - 1 cup cooked ramen or noodles
 - 2, 6" pancakes + 1 Tbsp maple syrup
 - 1 large waffle + 1 Tbsp maple syrup
 - 2 normal sized muffins

STEP 3: CHOOSE YOUR FAT

- **If you chose a lean protein, you need this!**
 - 2 tablespoons olive oil
 - 2 tablespoons nut butter
 - 4 tablespoons hummus
 - 4 tablespoons guacamole
 - 2 slices cheese
 - 1/2 avocado
 - 1/2 cup nuts
 - 2 tablespoons butter
 - 4 tablespoons ranch or dressing
 - 2 tablespoons pesto
 - 2 tablespoons mayonnaise

STEP 4: CHOOSE YOUR 2 COLORS

- **Color 1: 1 cup/size of fist of any fruit!**
 - ex: 1 apple
 - 1 banana
 - 1 cup any berries
 - 1 mango
 - 1 cup pineapple
 - Any other fruit
 -
- **Color 2: 1 cup/size of fist of any vegetable!**
 - ex: 1 cup carrots
 - 1 bell pepper
 - 1/2 cucumber
 - 1 cup lettuce
 - Any veggie!

**EASY MEAL
PREP FOR
PERFORMANCE
PLATES**

2X4 MEAL PREP RULE

For each meal category (*breakfast, lunch and dinner*), follow the 2x4 Meal Prep Rule when planning or grocery shopping.

1. **START WITH BREAKFAST, THEN MOVE TO LUNCH, THEN DINNER.**
2. **FOR EACH MEAL CATEGORY, PICK 2 OPTIONS OF EACH FOOD SOURCE. (REFER TO PERFORMANCE PLATES TO GET INSPO)**
3. **ONCE YOUR FOODS ARE CHOSEN, BATCH COOK YOUR PROTEINS AND CARBS SO MEALS ARE FASTER AND EASIER TO BUILD THROUGHOUT THE WEEK.**

Remember to choose 2 of each for each meal.

2 Proteins

Two protein options you'll use for the week
(ex: eggs + Greek yogurt, chicken + ground turkey)

2 Carbs

Two carb sources to rotate between
(ex: rice + potatoes, oats + bagels)

2 Fat Sources you can throw into the meals

(ex: avocado + peanut butter)

1 Fruit + 1 Veggie per meal

(ex: bell pepper + apple for breakfast, carrots + grapes for lunch, etc.)

The background of the image is white, decorated with numerous light gray, hand-painted brush strokes. These strokes are of varying lengths and orientations, creating a textured, artistic effect. The central text is written in a bold, black, hand-drawn font.

**HOW TO USE
IN REAL LIFE**

THE BLUE PLATE

Target for this plate: 30g protein, 60g carbs, and 15g fat

You do not need to track this. The portions below are built to land close to this target.

STEP 1: CHOOSE YOUR PROTEIN

- **Lean Proteins that need a fat added**
 - 4 oz cooked chicken breast
 - 4 oz ground turkey (93%+)
 - 4 oz ground beef (93%+)
 - 4 oz lean steak
 - 4 oz high quality deli meat (turkey, ham, roast beef)
 - 1 cup low-fat Greek yogurt
 - 1 cup low-fat cottage cheese
 - 1 scoop of protein with low fat milk
 - 5 egg whites
- **Protein sources that contain fat** (this means you do not need to add a fat source to the plate)
 - 3 whole eggs + 3 egg whites
 - 4 oz salmon
 - 4 oz chicken sausage or bacon
 - 1 cup full-fat Greek yogurt
 - 1 cup full-fat cottage cheese
 - 4 oz high fat steak
 - 4 oz chicken thighs
 - 1 scoop of protein with whole milk

STEP 2: CHOOSE YOUR CARB

- **Every plate needs 1 option!! You can mix and match.**
 - 1 cup cooked white or brown rice
 - 1 cup cooked pasta
 - 1 medium potato or sweet potato
 - 1 bagel
 - 2 slices wheat or whole grain bread
 - 1 cup cooked oats + 1 tablespoon honey
 - 1/2 cup dry oats + 1 tablespoon honey
 - 1 cup unsugared cereal
 - 1 large tortilla or 2 small tortillas
 - 1 English muffin + 1 Tbsp jam or honey
 - 1 cup quinoa
 - 1 cup couscous
 - 1 cup mashed potatoes
 - 1 cup cooked ramen or noodles
 - 2, 6" pancakes + 1 Tbsp maple syrup
 - 1 large waffle + 1 Tbsp maple syrup
 - 2 normal sized muffins

STEP 3: CHOOSE YOUR FAT

- **If you chose a lean protein, you need this!**
 - 1 tablespoon olive oil
 - 1 tablespoon nut butter
 - 2 tablespoons hummus
 - 2 tablespoons guacamole
 - 1 slice cheese
 - 1/4 avocado
 - Small handful of nuts
 - 1 tablespoon butter
 - 2 tablespoons ranch or dressing
 - 1 tablespoon pesto
 - 1 tablespoon mayonnaise
 -

STEP 4: CHOOSE YOUR 2 COLORS

- **Color 1: 1 cup/size of fist of any fruit!**
 - ex: 1 apple
 - 1 banana
 - 1 cup any berries
 - 1 mango
 - 1 cup pineapple
 - Any other fruit
 -
- **Color 2: 1 cup/size of fist of any vegetable!**
 - ex: 1 cup carrots
 - 1 bell pepper
 - 1/2 cup zucchini
 - 1 cup lettuce
 - Any veggie!
 -

Breakfast Blue Plate:

- **Egg Bagel with banana on the side**

THE GREEN PLATE

Target for this plate: 45 g protein, 90 g carbs, and 22ish g fat

You do not need to track this. The portions below are built to land close to this target.

STEP 1: CHOOSE YOUR PROTEIN

- Lean Proteins that need a fat added
 - 6 oz cooked chicken breast
 - 6 oz ground turkey (93%+)
 - 6 oz ground beef (93%+)
 - 6 oz salmon
 - 6 oz high quality deli meat (turkey, ham, roast beef)
 - 1 ½ cup low-fat Greek yogurt
 - 1 ½ cup low-fat cottage cheese
 - 1 ½ scoops of protein with low fat milk
 - 8 egg whites
- Protein sources that contain fat (this means you do not need to add a fat source to the plate)
 - 5 whole eggs + 5 egg whites
 - 6 oz salmon
 - 6 oz chicken sausage or bacon
 - 1 ½ cup full-fat Greek yogurt
 - 1 ½ cup full-fat cottage cheese
 - 6 oz high fat steak
 - 6 oz chicken thighs
 - 1 ½ scoops of protein with whole milk

STEP 2: CHOOSE YOUR CARB

- Every plate needs 1 ½ options!! Choose 1 full options and ½ of another to add to your plate.
 - 1 cup cooked white or brown rice
 - 1 cup cooked pasta
 - 1 medium potato or sweet potato
 - 1 bagel
 - 2 slices wheat or whole grain bread
 - 1 cup cooked oats + 1 tablespoon honey
 - ½ cup dry oats + 1 tablespoon honey
 - 1 cup unsugared cereal
 - 1 large tortilla or 2 small tortillas
 - 1 English muffin + 1 Tbsp jam or honey
 - 1 cup quinoa
 - 1 cup couscous
 - 1 cup mashed potatoes
 - 1 cup cooked ramen or noodles
 - 2, 6" pancakes + 1 Tbsp maple syrup
 - 1 large waffle + 1 Tbsp maple syrup
 - 2 normal sized muffins

STEP 3: CHOOSE YOUR FAT

- If you chose a lean protein, you need this!
 - 1 ½ tablespoon olive oil
 - 1 ½ tablespoon nut butter
 - 3 tablespoons hummus
 - 1 ½ tablespoons guacamole
 - 1 ½ slice cheese
 - ¼ cup of nuts
 - 1 ½ tablespoon butter
 - 3 tablespoons ranch or dressing
 - 1 ½ tablespoon pesto
 - 1 tablespoon mayonnaise

STEP 4: CHOOSE YOUR 2 COLORS

- Color 1: 1 cup /size of fist of any fruit!
 - ex: 1 apple
 - 1 banana
 - 1 cup any berries
 - 1 mango
 - 1 cup pineapple
 - Any other fruit
- Color 2: 1 cup /size of fist of any vegetable!
 - ex: 1 cup carrots
 - 1 bell pepper
 - ½ cucumber
 - 1 cup lettuce
 - Any veggie!

Lunch Green Plate:

- Turkey Cheese sandwich with 1 muffin on the side, 1 apple on the side + 1 cup carrots on the side



**IDEAS FOR
PERFORMANCE
PLATES**

EGGS + BAGEL

- **Carbs: Bagel**
- **Protein: Eggs**
- **Fats: (no need because of eggs)**
- **Fruit: 1 apple**
- **Veggie: Bell pepper in the eggs**

A stack of three golden-brown pancakes is held up by a silver fork. Maple syrup is being poured over the top pancake, with a single drop falling from the fork's tines. The background is a plain, light grey.

PANCAKES + SAUSAGE

- **Carbs: Pancakes + maple syrup**
- **Protein: Chicken Sausage**
- **Fats: peanut butter on pancake**
- **Fruit: 1 cup strawberries**
- **Veggie: Add cup of carrots on side**

A close-up photograph of a clear glass filled with a light-colored, frothy protein shake. The top of the shake is very thick and bubbly, with some brown powder residue on the surface. The glass is set against a light, neutral background.

PROTEIN SHAKE

- **Carbs: Toast on side**
- **Protein: Milk + protein powder**
- **Fats: Peanut butter**
- **Fruit: 1 frozen banana in shake**
- **Veggie: Add cucumbers to lunch**



YOGURT PARFAIT

- **Carbs: Granola + honey drizzle**
- **Protein: Greek Yogurt**
- **Fats: (no need because of yogurt)**
- **Fruit: 1 cup berries**
- **Veggie: 1 cup carrots on side**

TURKEY SANDWICH

- **Carbs: Bread**
- **Protein: Turkey meat**
- **Fats: Cheese**
- **Fruit: 1 cup blueberries**
- **Veggie: Lettuce + tomatoes + carrots on side**

HAM WRAP

- **Carbs: Giant wrap**
- **Protein: Ham lunch meat**
- **Fats: Cheese**
- **Fruit: 1 cup berries**
- **Veggie: Cucumbers + lettuce in the wrap**

ON THE GO LUNCH

- **Carbs: Crackers + roll**
- **Protein: Jerky + cottage cheese**
- **Fats: Cheese stick + almonds**
- **Fruit: 1 cup grapes**
- **Veggie: 1 cup cucumbers**

CHICKEN QUESADILLA

- **Carbs: Tortilla**
- **Protein: Chicken**
- **Fats: Cheese**
- **Fruit: 1 cup strawberries**
- **Veggie: pico de gallo + grilled bell peppers inside of the quesadilla**



BURGERS + FRIES

- **Carbs: Bun + french fries**
- **Protein: Lean ground beef**
- **Fats: Cheese**
- **Fruit: 1 cup pineapple**
- **Veggie: lettuce + tomato on burger + salad on side**

BURRITO BOWL

- **Carbs: Rice + beans**
- **Protein: Grilled chicken**
- **Fats: Cheese + avocado**
- **Fruit: 1 cup mango**
- **Veggie: Grilled bell peppers + pico de gallo**

The image shows three soft-shell tacos arranged on a metal tray. Each taco is filled with a mixture of browned chicken, melted white cheese, green salsa, and fresh green herbs. The tortillas are a light yellow color. The background is a soft, out-of-focus grey.

TACOS

- **Carbs: Tortillas**
- **Protein: Chicken**
- **Fats: Cheese and avocado**
- **Fruit: 1 banana**
- **Veggie: Lettuce + tomatoes**

PASTA

- **Carbs: Pasta**
- **Protein: Grilled chicken on side**
- **Fats: Cheese in pasta**
- **Fruit: 1 cup blueberries**
- **Veggie: 1 cup caesar salad**

STEAK + POTATO

- **Carbs: Potato**
- **Protein: Grilled lean steak on side**
- **Fats: Butter on potato**
- **Fruit: 1 cup pineapple**
- **Veggie: 1 cup roasted broccoli**



TURKEY NACHOS

- **Carbs: Tortilla Chips + rice + beans**
- **Protein: Ground Turkey**
- **Fats: Cheese + avocado**
- **Fruit: 1 peach**
- **Veggie: 1 cup cauliflower**

(can add salsa!)

BEEF STIR FRY

- **Carbs: Rice + Teriyaki Sauce**
- **Protein: Beef or chicken**
- **Fats: Avocado**
- **Fruit: 1 cup strawberries**
- **Veggie: 1 cup roasted bell peppers and carrots on top**