



TRAIN TO DOMINATE

THE FLAGSHIP PARENT GUIDE

Athlete Nutrition Guide

Fueling faster, stronger, healthier Filipino youth athletes
— built for parents, around real Filipino food and real family life.

AGES 6–18

SPEED & ATHLETIC DEVELOPMENT

PHILIPPINES

nextgenspeedacademy.com • train@nextgenspeedacademy.com • [@nextgen.speed](https://www.instagram.com/nextgen.speed)

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A Message from NextGen



Dear NextGen Family,

Thank you for trusting us with your child's athletic development. At NextGen Speed Academy, we believe that becoming a better athlete is never just about what happens on the track.

Speed. Power. Agility. Recovery. These are built in the training session — but they are sustained in the kitchen, the dining table, and the daily habits your family creates together.

This guide was written specifically for you — the parent. You don't need a degree in nutrition to support your athlete. You just need clear, practical guidance built around real Filipino food and real family life.

We created this resource because we want NextGen to be more than a speed program. We want to be your family's complete partner in athletic development — on and off the field. Let's build something great together.



The NextGen Coaching Team

NEXTGEN SPEED ACADEMY • TRAIN TO DOMINATE

Athletic development happens on **and** off the field

Training is only one part of what makes a great athlete. The best athletes in the world — at every age — combine five elements consistently.

01



Training

Speed, power, and skill development

02



Nutrition

Fuel for performance and growth

03



Hydration

The most overlooked performance factor

04



Sleep

Where real recovery and growth happen

05



Consistency

Daily habits that compound over time

NEXTGEN COACH TIP

We can design the perfect training program — but if your athlete arrives dehydrated, skips breakfast, or doesn't sleep enough, we're working against ourselves.

Nutrition is coachable. And it starts at home.

“Great athletes aren’t built in a single meal. They’re built in a thousand ordinary ones.”

THE NEXTGEN PHILOSOPHY



PART 02 – FUELING

Fuel the Work.

Every training session is only as good as what your athlete eats before it — and what they recover with after.

Build Every Plate

What a great athlete's meal looks like — using Filipino food. Every meal should include all four components. Use this as your guide every time you cook. And don't fear healthy fats — growing kids genuinely need them; the goal is balance, not cutting fat.

**P****PROTEIN**

Builds & repairs muscles

Chicken (manok)
Eggs (itlog)
Bangus / Tilapia
Canned tuna
Pork (lean cuts)
Tokwa / Tofu

C**CARBS**

Primary fuel for speed

Rice (kanin)
Sweet potato (camote)
Banana (saging)
Oatmeal
Pandesal
Corn (mais)

V**VEGGIES & FRUIT**

Vitamins, minerals, immunity

Malunggay (moringa)

Kangkong

Kamatis (tomato)

Mango

Papaya

Calamansi

F**HEALTHY FAT**

Brain, hormones, joints

Eggs (yolk)

Peanuts / cashews

Avocado

Sardines / galunggong

Coconut (gata, moderate)



■ Carbs ■ Protein ■ Veg / Fruit

**PARENT TIP • THE PLATE METHOD****HALF**

the plate with carbs (rice, camote, or banana)

 $\frac{1}{4}$

protein (chicken, fish, egg)

 $\frac{1}{4}$

vegetables or fruit

+FAT

a small amount of healthy fat (egg yolk, nuts, avocado)

This works for almost every Filipino meal — no need to count calories.**WHY THIS MATTERS FOR SPEED**

Protein rebuilds the muscle worked in every sprint and jump, so your athlete adapts and gets stronger instead of staying sore. Carbohydrates are the fuel tank for acceleration and repeated high-intensity efforts — without enough, speed and power fade late in a session.

✗ MYTH

Rice and carbs make kids gain weight, so young athletes should cut back.

✓ FACT

Active young athletes burn through carbohydrates fast — rice is premium fuel for speed and power. The issue is rarely rice; it's too little activity paired with too much processed, sugary food.

- **KEY TAKEAWAYS**

- 1 Every meal: a protein, a carb, a vegetable or fruit, and a little healthy fat.
- 2 Use the Plate Method — half carbs, a quarter protein, a quarter veg. No counting needed.
- 3 Everyday Filipino food already covers all of it.

What Should My Child Eat?

Age-by-age nutrition guide — 6 to 18 years old. Every age group has different needs. Use the card for your child's age as your daily reference.

Ages 6–8

FOUNDATION

Eat enough and try not to skip meals. Growth is the priority.

PROTEIN
1.2–1.5g/kg

FLUIDS/SESSION
500–750mL

SLEEP
9–12hrs

BEFORE TRAINING

Banana or pandesal (30–45 min before)

AFTER TRAINING

Rice + egg or chocolate milk within 30 min

HEALTHY SNACKS

Boiled egg, banana, pandesal with peanut butter, biscuits + milk

EXAMPLE MEAL

Rice + fried egg + sliced tomato + glass of milk

Ages 9–12

HABITS

Focus on building good daily habits — these last a lifetime.

PROTEIN
1.4–1.7g/kg

FLUIDS/SESSION
750–1L

SLEEP
9–12hrs

BEFORE TRAINING

Rice + egg or banana + pandesal (2 hrs before)

AFTER TRAINING

Rice + chicken or fish + fruit within 45 min

HEALTHY SNACKS

Peanut butter & pandesal, boiled egg, mixed nuts, fruit

EXAMPLE MEAL

Rice + grilled bangus + malunggay soup + mango

Ages 13–15

GROWTH

Growth spurts mean bigger appetite — honor it with good food.

PROTEIN
1.5–1.8g/kg

FLUIDS/SESSION
1.0–1.5L

SLEEP
8–10hrs

BEFORE TRAINING

Full meal 2–3 hrs before or carb snack 30–45 min before

AFTER TRAINING

Protein + carbs within 30–45 min (chocolate milk, rice + egg)

HEALTHY SNACKS

Canned tuna, mixed nuts, banana, boiled eggs

EXAMPLE MEAL

Rice + chicken adobo + sauteed kangkong + orange

Ages 16–18

PEAK

Training demands are highest — fuel accordingly. Never skip meals.

PROTEIN
1.6–2.0g/kg

FLUIDS/SESSION
1.5–2.0L

SLEEP
8–10hrs

BEFORE TRAINING

Full balanced meal 2–3 hrs before; light carb snack 30 min before

AFTER TRAINING

20–30g protein + carbs within 30 min of finishing

HEALTHY SNACKS

Tuna + crackers, protein-rich meals, banana + peanut butter

EXAMPLE MEAL

Rice + grilled chicken + mixed veggies + camote + glass of milk

⚡ NEXTGEN COACH INSIGHT

“Many young athletes don’t need perfect nutrition. They simply need to eat enough quality food, consistently — get the basics right most of the time and the results follow.”

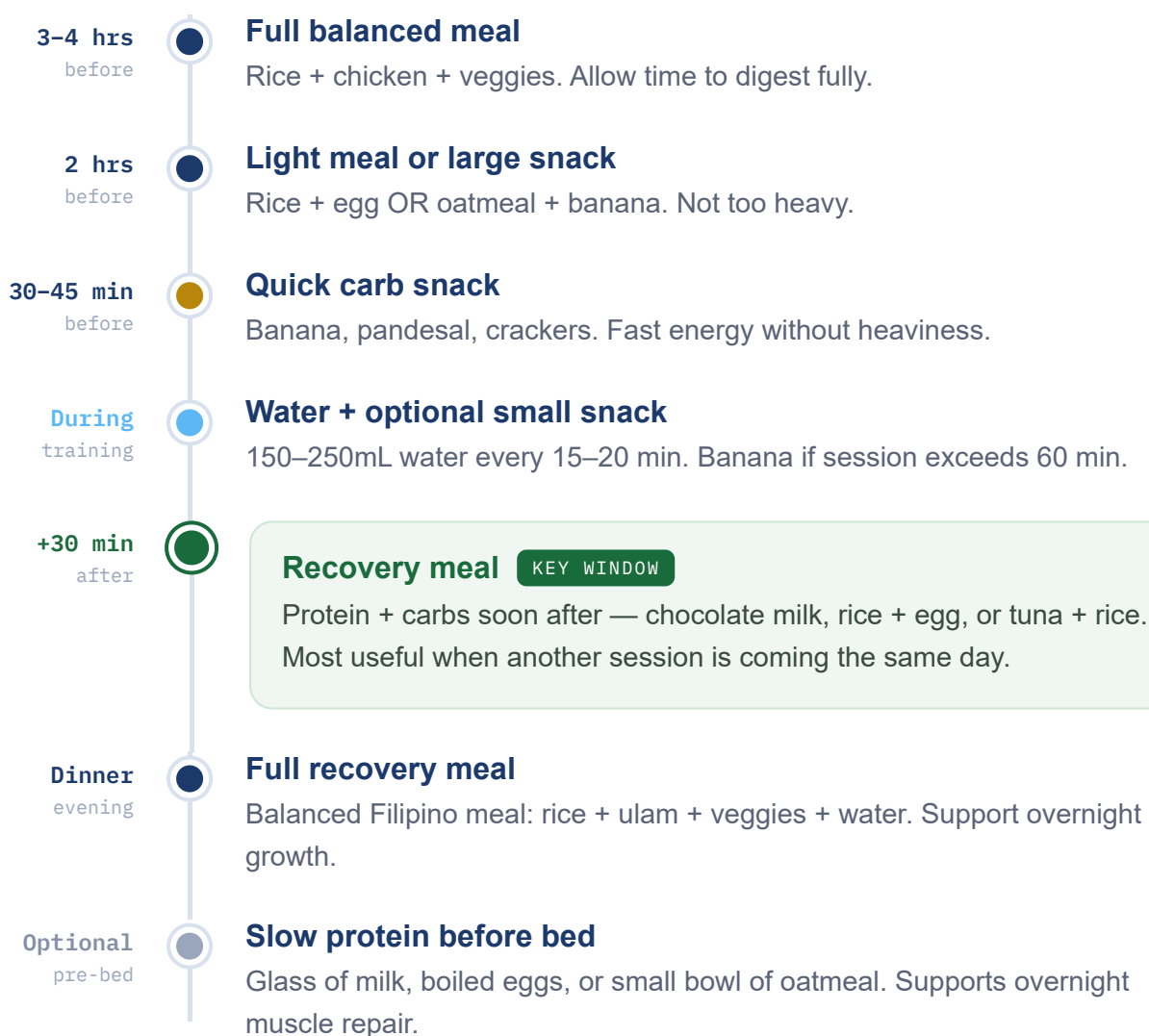
💡 A NOTE ON THE NUMBERS

The protein (g/kg), fluid, and sleep figures here are general guides, not strict targets — especially for the youngest athletes. What matters most is eating enough total food, with variety, across the whole day.

Under-eating overall — too little total energy — does more harm to growth and performance than missing any single number. It’s worth watching in weight-sensitive sports like figure skating, gymnastics, and endurance running, where eating enough to match training is the real priority.

Training Nutrition Timeline

What to eat and when — from morning to night. Timing your athlete's meals around training makes a measurable difference in performance and recovery.



⚠️ WHAT TO AVOID BEFORE TRAINING

- ✗ **Heavy, fatty, or fried foods** within 2 hours — causes cramping and heaviness.
- ✗ **Training on a totally empty stomach** — even a small snack helps training quality and focus.
- ✗ **Sugary drinks or junk food** as pre-training fuel — energy spike then crash.

► What if my child isn't hungry before training?

Offer something small and easy to digest — a banana, a few crackers, or a glass of milk. A light top-up beats training on empty, and appetite often returns once they get moving.

✅ EASY WIN TODAY



Pack tomorrow's pre-training snack tonight — a banana and crackers by the bag means one less rushed decision.



PART 03 — HYDRATION & RECOVERY

Recovery Is Training.

Muscles don't grow during the workout. They grow after it — fuelled by water, food, and sleep.

Hydration Guide

The single most overlooked performance factor.

WHY IT MATTERS

In Philippine heat, athletes lose **500–1,000mL of fluid per hour**. A loss of about 2% of body weight in fluid can start to affect performance:

- › Measurable drop in sprint speed
- › Reduced reaction time and focus
- › Higher risk of muscle cramps
- › Increased injury risk

A 30kg child only needs to lose **600mL (about 3 cups)** to reach that 2% mark.

DAILY HYDRATION GUIDE

2 hrs before training **400–600mL** (2–3 cups)

Every 15–20 min **150–250mL** per break during

After training **500–750mL** per 0.5kg lost

Rest of the day **Urine pale yellow = hydrated**

Urine Color Chart

TEACH THIS TO YOUR ATHLETE



Clear / Very light yellow

Great — maintain fluid intake

WELL HYDRATED



Pale yellow (like lemonade)

Ideal target zone

OPTIMAL



Medium yellow

Drink water soon

MILDLY DEHYDRATED



Dark yellow / amber

Drink fluids immediately; delay intense training

DEHYDRATED



Orange / brown

Seek medical attention immediately

SEVERE — URGENT

A caveat: first-morning urine is naturally darker, and B-vitamin supplements can tint it bright yellow. Judge hydration across the day, not from a single check.



PARENT TIP • THE WATER BOTTLE RULE

Make a water bottle a required item at every session — same as shoes and a uniform. If your child says they're not thirsty during training, remind them: **thirst is a late signal**. By the time they're thirsty, they're already behind.

HOT WEATHER Add 20% to all hydration targets on hot training days.



WHY THIS MATTERS FOR SPEED

Even mild dehydration dulls reaction time, coordination, and sprint speed — often before your child feels thirsty. Staying ahead on fluids keeps them sharp and able to train at full intensity from the first rep to the last.



EASY WIN TODAY

Put a water bottle in your child's training bag tonight — make it as automatic as packing their shoes.

• KEY TAKEAWAYS

- 1 Start hydrated — don't wait for thirst, which is already a late signal.
- 2 Sip 150–250 mL every 15–20 minutes during training.
- 3 Pale-yellow urine means they're on track.

Recovery Guide

Where athletic development actually happens. Training breaks the body down — recovery builds it back up, stronger. Most parents focus entirely on training. The best athlete families focus equally on recovery.



Post-Training Nutrition

Refuel with protein + carbs — within a couple of hours is fine. The 30–60 min window matters most when another session is coming the same day. Rice + egg, tuna, chocolate milk, or bangus all work.



Sleep

When growth hormone is released and muscles rebuild. Aim for 9–12 hours for under-13s and 8–10 for teens. Wind down screens before bed.



Rehydration

Continue drinking water for 1–2 hours after training. Coconut water is a good natural electrolyte option after very long or hot sessions.

The Recovery Window

NUTRIENT	WHY IT MATTERS	BEST FILIPINO SOURCES
Carbohydrates	Refills glycogen (muscle fuel) depleted during training	Rice, banana, camote, pandesal
Protein	Repairs and builds muscle tissue broken down in training	Chicken, fish, eggs, tokwa, canned tuna
Water / Electrolytes	Restores fluid and minerals lost in sweat	Water, coconut water, buko juice
Vitamins & Minerals	Supports immune function and tissue repair	Malunggay, kangkong, mango, calamansi



DID YOU KNOW?

Growth hormone — the hormone responsible for muscle development and height — is released primarily during deep sleep. A young athlete who regularly sleeps less than 9 hours may be holding back their own development, no matter how hard they train.

Sleep isn't a luxury — it's part of training.



WHY THIS MATTERS FOR SPEED

Speed is built between sessions, not only during them. Deep sleep and a good recovery meal are when muscles repair and the nervous system resets — the difference between adapting to training and just surviving it.

✗ MYTH

Chocolate milk is just a sugary treat with no place in sports.

✓ FACT

After training, chocolate milk is one of the most effective and affordable recovery drinks — it delivers the protein and carbohydrates muscles need, in about the right ratio.

- KEY TAKEAWAYS

- 1 Recovery is where training pays off — treat it as part of the work.
- 2 Refuel within 30–60 minutes: protein + carbs.
- 3 Sleep is non-negotiable — it's when the body rebuilds.



PART 04 – THE EVERYDAY PLAYBOOK

Strong Habits Build Strong Athletes.

Champions aren't made on perfect days. They're made on ordinary ones — repeated, meal after meal.

Nutrition at Every Budget

Excellent nutrition is possible at any budget. NextGen families come from many different backgrounds — so throughout this guide we mark food ideas with three simple tiers. They are not ‘good, better, best.’ They are three equally valid ways to feed a strong athlete. Choose what is realistic and sustainable for your family.



Budget-Friendly

Affordable staples in almost every Filipino market — highly nutritious and proven to build great athletes.

Eggs Tilapia & bangus
Canned sardines & tuna Chicken thighs
Tokwa Monggo Rice & oatmeal
Banana & camote Seasonal gulay



Everyday Family

Familiar items many households already buy — balanced, practical, and easy to keep on hand.

Chicken breast Lean pork
Fresh fish Milk & yogurt
Peanut butter Whole wheat bread
Cheese Mixed fruits



Premium Convenience

For larger budgets or busy weeks — not healthier, but offering more variety and convenience.

Salmon Lean beef Greek yogurt
Cottage cheese Berries & avocado
Quinoa Granola & wraps
Quality whey* Meal-prep services

*Whey protein only when appropriate — see Section 13, Supplements. Whole food comes first at every age.

Same Goal, Three Budgets All three build a strong athlete

GOAL	 BUDGET-FRIENDLY	 EVERYDAY FAMILY	 PREMIUM
Breakfast	Oatmeal + banana + egg	Eggs + whole wheat toast + fruit	Greek yogurt + berries + granola
Pre-Training	Rice + egg + banana	Pandesal + peanut butter + milk	Oatmeal + protein wrap + berries
Post-Training Recovery	Rice + sardines + fruit	Chicken + rice + vegetables	Salmon + rice + avocado
School Snack	Banana + peanuts	Yogurt + fruit	Greek yogurt + trail mix

THE NEXTGEN PRINCIPLE

Good nutrition is not determined by how expensive your food is.

Many of the world's best athletes were built on simple, affordable meals — rice, eggs, fish, fruit — eaten consistently. No family should ever feel their child needs premium ingredients to succeed. Consistency and good habits beat expensive food every single time.

PARENT TIP • MIX & MATCH

You don't have to live in one tier. Most families mix them — budget-friendly staples on regular days, an everyday or premium choice when it's convenient. Watch for these tier tags in the Grocery and Lunchbox sections ahead to build a cart that fits your week.

Athlete Grocery Guide

What to keep stocked at home. You don't need expensive food. You need the right food — consistently available at home.

P PROTEIN

Eggs (itlog) — always a dozen
 Chicken breast or thighs
 Bangus / Milkfish
 Tilapia
 Canned tuna (in water)
 Canned sardines (in tomato sauce)
 Tokwa / Firm tofu
 Lean pork

C CARBOHYDRATES

White or brown rice
 Oatmeal (rolled oats)
 Pandesal or whole grain bread
 Sweet potato (camote)
 Banana (saging) — a bunch
 Corn (mais)
 Crackers / biscuits
 Pasta (variety meals)

V VEGETABLES & FRUIT

Malunggay (fresh or powder)
 Kangkong (water spinach)
 Kamatis (tomatoes)
 Mango
 Papaya
 Calamansi
 Cucumber
 Carrot

F HEALTHY FATS & EXTRAS

Peanut butter (natural, low sugar)
 Peanuts / cashews
 Avocado (in season)
 Eggs (yolk has healthy fat)
 Milk — fresh or UHT
 Chocolate milk (recovery)
 Coconut (moderate)
 Olive or canola oil

BUILD YOUR CART AT ANY BUDGET

The same four food groups, sorted three ways. Shop the column that fits your week — or mix across all three.



Budget-Friendly

Eggs, canned tuna, sardines
Tilapia, bangus, chicken thighs
Tokwa, monggo
Rice, oatmeal, camote
Banana, seasonal gulay & fruit
Malunggay, kangkong



Everyday Family

Chicken breast, lean pork
Fresh fish
Milk, yogurt, cheese
Peanut butter
Whole wheat bread
Mixed fruits & vegetables



Premium Convenience

Salmon, lean beef
Greek yogurt, cottage cheese
Berries, avocado
Quinoa, quality granola
Protein wraps, premium snacks
Quality whey (when appropriate)

• IRON ON A BUDGET

Iron supports energy and endurance, and it's cheap to find: **dried dilis, atay (liver), monggo, and camote tops (talbos ng kamote)**. Tip: pair iron-rich foods with a vitamin C source — calamansi, tomato, or fruit — in the same meal to help the body absorb more of the iron.



PARENT TIP • STOCK THESE 10 ALWAYS

Eggs

Rice

Banana

Canned Tuna

Peanut Butter

Malunggay

Milk

Oatmeal

Sweet Potato

Kangkong

With just these 10 items, you can build a complete athlete meal at any time of day.



EASY WIN TODAY

Keep a bunch of bananas on the counter this week — the easiest grab-and-go fuel there is.

Fast Food, the Smart Way

Training days don't always end at home — and you can still feed your athlete well at the drive-thru if you know what to order. Every recommendation below reflects the chain's **actual Philippine menu**. Occasional fast food is fine; consistency matters more than perfection.

RULE 01

Grilled or roasted beats fried

RULE 02

Always pair protein with rice

RULE 03

Water — not soda

BEST PICKS • GRILLED & ROASTED

These chains serve genuinely grilled or roasted chicken — the closest thing to a home-cooked NextGen plate.

Mang Inasal

BEST PICK

ORDER THIS

Chicken Inasal (grilled)
Unlimited rice — great for recovery
Free sabaw (soup) on the side

Grilled protein + rice + warm soup is a real recovery meal — one of the best fast-food options in the country.

💡 Go easy on the chicken-oil drizzle to keep the fat down.

Andok's

BEST PICK

ORDER THIS

Lechon Manok (roasted chicken)
Plain rice
Add pansit or a vegetable side

Roasted, not fried — lean protein with rice that travels well for an after-training meal.

💡 Remove the skin to cut the fat without losing the protein.

Kenny Rogers

BEST PICK

ORDER THIS

Roasted chicken (quarter)

Rice

A vegetable side — kangkong or corn

Roasted chicken plus an actual vegetable side makes this the closest drive-thru meal to a NextGen plate.

💡 Pick the veggie sides; go easy on the muffin and macaroni salad.

SMART ORDERING • FRIED-FORWARD CHAINS

These chains don't offer grilled options on their Philippine menus — so we pick the best realistic choice and stay honest about the trade-off. Treat these as occasional, not training food.

Jollibee

BEST REALISTIC CHOICE

Chickenjoy with rice (peel off the skin), or Burger Steak with rice. Add extra plain rice after training.

TRADE-OFF

No grilled option exists — Chickenjoy is fried. Jolly Spaghetti and Palabok are sweet and starchy with little protein.

SKIP / LIMIT

Extra-large fries, Peach Mango Pie, regular soda.

McDonald's

BEST REALISTIC CHOICE

Chicken McDo with rice (remove the skin), Filet-O-Fish, or a single regular burger — not supersized.

TRADE-OFF

There is no grilled chicken on the McDonald's PH menu — the chicken is fried. McSpaghetti is low in protein.

SKIP / LIMIT

Large fries, McFlurry / sundae, regular soda.

KFC

BEST REALISTIC CHOICE

1–2 pc fried chicken with rice; peel off some of the breading and skin. Choose water.

TRADE-OFF

The PH menu is fried only — high in fat and sodium. An occasional meal, not a regular recovery option.

SKIP / LIMIT

Cheese-topped & spicy variants, extra gravy, soda.

Bonchon

BEST REALISTIC CHOICE

Soy Garlic chicken with rice, smaller order. Pair with water.

TRADE-OFF

Korean fried chicken is battered and sauced — high in fat, sugar, and sodium even in the 'mild' flavour.

SKIP / LIMIT

Spicy + extra sauce, large portions, soda.

Chowking

BEST REALISTIC CHOICE

Lugaw / congee with steamed Siomai (steamed buns fried), or a Chicken Lauriat with Chao Fan.

TRADE-OFF

Chao fan (fried rice) and fried siomai are oily; sauces are salty. Halo-halo is a dessert, not a meal.

SKIP / LIMIT

Deep-fried sides, sweetened drinks, soda.

Tropical Hut

BEST REALISTIC CHOICE

A rice meal with chicken or fish plus a vegetable side, when offered. Choose water.

TRADE-OFF

Portions and sauces vary by branch. Favour fish or rice meals over heavy-mayo burgers and sandwiches.

SKIP / LIMIT

Mayo-heavy sandwiches, fried sides, soda.

Drinks: Order water by default. Unsweetened iced tea or 100% juice is okay — skip regular soda, especially after training.

Portion: One serving, not the supersize. Add extra plain rice when it's a post-training recovery meal.



NEXTGEN COACH TIP • CHOOSING WHERE TO STOP

When the choice is yours, choose grilled or roasted — Mang Inasal, Andok's, or Kenny Rogers. Grilled chicken and rice is a genuine recovery meal. The fried chains are fine once in a while, but treat them as a treat, not training food.

No restaurant nearby? You can still feed your athlete well from a convenience store, coffee shop, bakery, or grocery. Here are realistic picks from what these places actually carry.

Convenience Stores

GOOD PICKS

Hard-boiled egg, banana or saba, fresh milk or a yogurt drink, peanuts or mixed nuts, plain crackers, and rice meals or rice toppings where available. Bottled water.

GO EASY ON

Hotdogs & corn dogs, chips, canned sweet coffee, soda, and candy.

Coffee Shops

GOOD PICKS

Water first. If a drink, a plain or lightly sweetened milk-based one. For food, a sandwich with egg, chicken, or tuna — or a rice meal where offered.

GO EASY ON

Whipped-cream frappes and syrupy blended drinks; an oversized pastry as a meal.

Bakeries (Panaderia)

GOOD PICKS

Pandesal (regular or whole wheat), monay, or cheese bread — paired with peanut butter, egg, or a glass of milk for protein.

GO EASY ON

Heavily sweetened or filled pastries as an everyday choice; keep ensaymada and donuts occasional.

Grocery Grab-and-Go

GOOD PICKS

Roast chicken (lechon manok), hard-boiled eggs, bananas and fruit, yogurt, fresh milk, canned tuna with crackers, ready rice meals, and nuts. Often the most affordable recovery option.

GO EASY ON

Fried or breaded deli items, mayo-heavy salads, and sweet drinks.

CAUGHT WITHOUT A PLAN? QUICK DECISION

BEFORE TRAINING



Fast carbs: **banana, crackers, or pandesal** + water.

AFTER TRAINING



Protein + carbs: **egg + rice, chocolate milk, or tuna + crackers.**

JUST THIRSTY



Water first. Coconut water after long, hot sessions.

• KEY TAKEAWAYS

- 1 Choose grilled or roasted over fried whenever you can.
- 2 Always pair protein with rice; order water, not soda.
- 3 Occasional fast food is fine — consistency matters more than perfection.

Lunchbox & Snack Ideas

Practical options for every kind of day — 15 ready-to-pack ideas.

School Day Lunchbox

- 01 **Rice + scrambled egg + cherry tomatoes + calamansi juice**
Quick to pack, complete macros

- 02 **Fried rice with bits of chicken or egg + sliced mango**
Great use of dinner leftovers

- 03 **Pandesal sandwich with canned tuna + lettuce + tomato**
Easy to prep, travels well

- 04 **Oatmeal with banana slices + cinnamon + milk**
Great for early starts when appetite is low

- 05 **Rice + chicken adobo (cold) + kangkong salad**
Classic Filipino lunchbox — reliable and nutritious

Training Day Lunchbox PRE-TRAINING

- 06 **Rice + grilled bangus + tomato salsa**
High carb + protein — perfect 2–3 hrs before

- 07 **Champorado (chocolate rice porridge) + pandesal**
Carb-heavy, easy to digest

- 08 **Banana + peanut butter + pandesal**
Quick snack if eating 30–45 min before

- 09 **Camote + 2 boiled eggs + orange**
Slower carbs + protein — good 2 hrs before

Competition Day Pack

10 Rice + grilled chicken (no heavy sauce) + banana + water

Night-before or breakfast — clean, no upset stomach

11 Crackers + canned tuna + fruit + coconut water

Between-game snack, no refrigeration needed

12 Chocolate milk + banana + boiled egg

Post-game recovery — fast, simple, effective

13 Oatmeal + peanut butter + banana

Pre-competition breakfast — sustained energy

Busy Morning Quick Grabs

14 2 boiled eggs + banana + glass of milk

Prep eggs the night before — 90 seconds in the morning

15 Peanut butter pandesal + calamansi juice

Buy pandesal fresh — takes 2 minutes to prep

A little prep the night before turns a chaotic morning into a 2-minute routine.



BAON FOOD SAFETY

In Philippine heat, cold rice, chicken, or fish baon should travel with an ice pack and be eaten within a few hours. On hot or long days, favour shelf-stable options — peanut-butter sandwiches, crackers, canned tuna, bananas, or biscuits.

Snacks at Every Budget

GRAB-AND-GO IDEAS



BUDGET-FRIENDLY

Boiled egg + banana
Pandesal + peanut butter
Saging + peanuts
Biscuits + milk



EVERYDAY FAMILY

Yogurt + fruit
Cheese + whole wheat bread
Tuna sandwich
Fruit + glass of milk



PREMIUM CONVENIENCE

Greek yogurt + trail mix
Protein wrap
Berries + granola
Premium recovery snack



PART 05 – PERFORMANCE

Show Up Ready.

Competition day rewards the athlete who prepared days before the whistle ever blew.

Competition Day Guide

How to fuel your athlete from the night before to the final game. Competition day is not the day to experiment — stick to familiar foods your athlete has eaten before.

01 NIGHT BEFORE

High-carb dinner

Rice + grilled chicken or fish + vegetables.
Eat 2–3 hours before bed. Drink plenty of water.

02 COMPETITION MORNING

Balanced breakfast

Rice + eggs + fruit OR oatmeal + banana + milk. 3 hours before first game if possible.

03 PRE-GAME • 1 HR

Light carb snack

Banana, crackers, pandesal. Nothing heavy.
Water, not sports drinks.

04 BETWEEN GAMES

Quick recovery snack

Banana + water + crackers or biscuits.
Chocolate milk if 45+ min between games.

05 AFTER FINAL GAME

Recovery meal

Protein + carbs as soon as possible: rice + chicken/fish + fruit + water.

06 THAT EVENING

Full recovery dinner

Complete balanced meal. Prioritize sleep — 8–10 hours minimum.



NEXTGEN COACH TIP • COMPETITION-DAY HYDRATION

- › Start hydrating the **night before** — not the morning of competition.
- › Urine should be **pale yellow** when your athlete wakes up on competition day.
- › Bring at least **1.5L of water** for a full competition day.
- › **Coconut water** is excellent between games — natural electrolytes without excessive sugar.

► **What if tournament games are spread throughout the day?**

Eat a solid breakfast, then graze on small, familiar snacks between games — banana, crackers, a sandwich, water. Avoid heavy or greasy food that sits in the stomach, and keep sipping fluids all day.

► **What if we're travelling for competition?**

Bring shelf-stable food you trust: bananas, peanut butter, crackers, canned tuna, and water. Competition day isn't the time to try new food — stick to what your child has eaten before.

Supplements — Keep It Simple

A traffic-light guide for parents. Most youth athletes do not need supplements — real food, consistently eaten, outperforms any product. If considering any supplement, always consult your child's pediatrician or a sports dietitian first.

● **Situationally Useful** (with guidance)

Iron — if a blood test confirms deficiency. **Vitamin D** — if low sun exposure. **Calcium** — if dairy intake is very low. Always under doctor supervision.

● **Situational — Discuss with Doctor**

Vitamin C (generally safe from whole food sources). **Multivitamins** (if diet is highly restricted). **Probiotics** (if gut health is a concern). Real food is always the better source.

● **For Older Athletes Only** (16+, with guidance)

Creatine — as a conservative policy, 16+ only, with coach and doctor approval, using third-party / batch-tested products (e.g., Creapure). Not recommended for younger athletes. **Caffeine** — only from natural sources (tea). Not recommended for under-16.

● **Generally Unnecessary for Youth Athletes**

Protein powder shakes — unnecessary if diet is adequate. **Pre-workout stimulants** — not appropriate for any youth athlete. **Fat burners / weight-loss products** — never appropriate for growing athletes. Most 'sports supplements' sold in gyms.

 MEAL IDEA • THE NATURAL PROTEIN 'SHAKE'

1 glass of milk + 3 boiled eggs + banana =

≈25g protein

Real, bioavailable food sources — with better absorption, better satiety, and no artificial additives. **Cost: less than any supplement on the market.**

 NEXTGEN COACH INSIGHT

“Parents often worry most about supplements — but in our experience, hydration, sleep, and regular balanced meals make a far bigger difference for a young athlete than anything in a tub or bottle.”

 MYTH

Young athletes need protein powder to build muscle.

 FACT

Most youth athletes already get more than enough protein from everyday food — eggs, chicken, fish, milk, tuna. Extra protein beyond what the body needs doesn't build extra muscle; consistent training and real meals do.

Parent FAQ

Your most common questions — answered in plain language.

Q Should my child eat rice?

Yes — absolutely. Rice is one of the best training fuels for active Filipino youth athletes, providing the carbohydrates muscles need for speed and explosive movement. The issue is never rice — it's sedentary habits combined with excess calories.

Q Is chocolate milk okay after training?

Yes — it's one of the most effective and affordable post-training recovery drinks. It naturally provides the ideal ratio of protein to carbohydrates needed for muscle recovery. Use it within 30 minutes of finishing training.

Q Should they skip breakfast?

Never — especially on training days. Breakfast is the foundation of your child's energy for the entire day. Even a simple banana + egg + glass of milk eaten quickly is far better than nothing.

Q What if my child doesn't like vegetables?

Don't stress. Fruit works just as well for vitamins and minerals. Malunggay powder can be mixed into soups, rice, or smoothies invisibly. Gradually introduce vegetables in sauces, soups, or mixed dishes — they'll adapt over time.

Q How much water should they drink?

During training: 150–250mL every 15–20 minutes. Daily target: at least 1–2L depending on age and activity. The simplest check: urine should be pale yellow throughout the day. If it's dark, they need more water.

Q Should they drink sports drinks?

Only during training sessions longer than 90 minutes in hot weather. For most regular sessions, water is sufficient and healthier. Sports drinks contain significant sugar and should not be a daily habit.

Q Should they have protein shakes?

Not necessary for youth athletes eating a balanced diet. Real food — eggs, chicken, fish, milk, tuna — provides protein more effectively and safely than supplements. If your doctor recommends one for a specific reason, that's a different conversation.

Q What about creatine or pre-workout?

Creatine: as a conservative policy, NextGen suggests waiting until 16+, and only with pediatrician and coach approval, using third-party / batch-tested products (e.g., Creapure).
Pre-workout supplements: not appropriate for any youth athlete at any age.

Q Do they need vitamins?

A well-balanced diet covers most needs. Iron and Vitamin D are the two most commonly deficient nutrients in young Filipino athletes. If your child is frequently fatigued despite adequate sleep and food, a blood test for iron levels is worth discussing with your pediatrician.

Q What if they're not hungry after training?

Still offer something. Refuelling within a couple of hours is what matters most; the 30–60 minute window is most useful when another session is coming the same day. Start small — chocolate milk, a banana, a boiled egg. Full appetite often returns 30–60 minutes later.

REAL-LIFE SCENARIOS

Quick, realistic answers for the moments parents actually face.

▶ **What if we only have 15 minutes before training?**

Grab fast carbs that digest easily — a banana, pandesal, or a few crackers — plus water. Skip heavy or oily food. A small top-up now beats training on empty.

▶ **What if my child is a picky eater?**

Work with what they'll eat. Lock in two or three reliable proteins and carbs they like, then add variety slowly. Consistency with 'boring' meals beats a perfect plate they refuse.

▶ **What if training ends at 8 PM?**

Have a recovery snack ready right after — chocolate milk, a banana, or rice + egg — then a lighter dinner at home. Don't skip post-training food just because it's late.

▶ **What if we need to eat at a mall after training?**

Choose grilled or rice meals — chicken inasal, a rice bowl, or roasted chicken. Order water instead of soda. See Section 10 for the smart picks.

▶ **What if there's a birthday party tonight?**

Let them enjoy it — one party won't undo good habits. Offer a balanced meal earlier so they're not running on cake alone, then get back to normal the next day.

▶ **What if we forgot to pack snacks?**

A convenience store works: boiled egg, banana, peanuts, plain crackers, or a yogurt drink. Keep a few shelf-stable snacks in the bag for next time.

▶ **What if my child doesn't like vegetables?**

Fruit covers many of the same vitamins. Hide veggies in soups, sauces, or rice, and stir malunggay powder where it won't be noticed. Keep offering — tastes change with time.

Common Mistakes

And what to do instead — avoid these pitfalls to unlock your athlete's potential.

✗ Skipping breakfast

✓ Always eat before school and training — even something small.

✗ Only drinking when thirsty

✓ Drink on a schedule — thirst is already a late signal of dehydration.

✗ Eating junk food after games

✓ Pack a recovery snack — chocolate milk, banana, rice + egg.

✗ Not eating after training

✓ Refuel after training with protein + carbs — ideally within a couple of hours.

✗ Restricting carbs or rice

✓ Active athletes need carbohydrates. Rice is a performance food.

✗ Relying on supplements

✓ Real food first — always. Supplements don't replace meals.

× **A big meal right before training**

✓ Time it right — full meal 2–3 hrs before; light snack 30–45 min before.

× **Forgetting to hydrate between sessions**

✓ Daily hydration is continuous — not just during training.

⚡ NEXTGEN COACH INSIGHT

“One missed meal won’t make or break an athlete. It’s consistently good habits, repeated over months and years, that create real results — not any single perfect day.”

The NextGen Nutrition Standards

A progression system for athlete families. Great nutrition isn't built overnight — it's built through consistent daily habits, one meal at a time. Focus on habits, not perfection.



LEVEL 01

Foundation

Starting Out

- ✓ Never skip breakfast on training days
- ✓ Always bring a water bottle to training
- ✓ Eat a meal or snack within 1 hour after training
- ✓ Choose water over soda most of the time



LEVEL 02

Consistent

Building Habits

- ✓ Eat 3 balanced meals every day
- ✓ Eat a proper pre-training snack or meal
- ✓ Urine is pale yellow most of the day
- ✓ Sleep 8–10 hours on training nights
- ✓ Vegetables or fruit at every meal



LEVEL 03

Performance

Optimizing Fuel

- ✓ Precisely time meals around training
- ✓ Hit protein targets daily across multiple meals
- ✓ Hydrate proactively — before, during, after
- ✓ Prioritize recovery nutrition consistently
- ✓ Limit fast food to occasional choices



LEVEL 04

Elite Habits

Complete Athlete

- ✓ All Performance habits are automatic
- ✓ Recovery, nutrition, and sleep are treated equally
- ✓ Adjust eating around competition schedule
- ✓ No supplements beyond doctor-recommended basics
- ✓ Parents and athlete are aligned on nutrition goals

 NEXTGEN COACH NOTE

We track your athlete's performance on the field. You track their nutrition at home. Together, we build complete athletes — not just fast ones.

If you ever have questions about what to feed your child before or after a session, don't hesitate to reach out to your NextGen coach.

Build a Personalized Plan

Want meal ideas tailored to your own child? Use this guide together with a free AI assistant to turn its principles into a plan for your athlete's age, body, sport, and budget — in about two minutes. Think of it as a smart first draft you bring to a professional, not a replacement for one.

01

Save this guide

Tap **Save as PDF** at the top of this guide and keep the file on your phone or computer.

02

Copy the prompt

Use the **Copy prompt** button below.
Reading the printed PDF? Just type it out or select and copy the text manually.

03

Add your details

Fill in the blanks — your child's age, height, weight, budget level, and goals.

04

Ask the AI

Open **ChatGPT, Claude, or Gemini**, upload the PDF, paste the prompt, and send.



I'm a parent at NextGen Speed Academy. I've attached the NextGen Athlete Nutrition Guide (PDF). Please base your advice on its principles – the Plate Method, the age-by-age targets, the training-day timeline, the hydration and recovery guidance, and the three budget tiers.

Here are my child's details:

- Age:
- Sex:
- Height:
- Weight:
- Sport / event:
- Training days per week:
- Usual training time of day:
- Food budget level (Budget-Friendly / Everyday Family / Premium Convenience):
- Allergies or foods to avoid:
- Foods my child likes:
- Our main goal (e.g. more energy, healthy growth, faster recovery):

Please give me, using Filipino food at my budget level:

1. A simple 1-day sample meal plan (breakfast to dinner).
2. What to eat before, during, and after training.
3. A short grocery list for the week.
4. Easy snack and baon (packed-lunch) ideas.
5. Anything I should raise with a doctor or registered dietitian.

Keep it practical and parent-friendly. Please remind me that this is general guidance only and does not replace my child's pediatrician or a registered sports dietitian.

Tip: the more detail you give about your child and your week, the more useful the AI's suggestions will be. Never share more personal information than you're comfortable with.



IMPORTANT — AI IS A STARTING POINT, NOT A SUBSTITUTE

AI tools can give helpful, general ideas — but they can also be wrong, and they don't know your child's full medical history. Treat anything they suggest as a **conversation starter**, not a prescription.

For anything involving allergies, medical conditions, rapid weight change, supplements, or persistent fatigue, the best guidance always comes from a **registered sports dietitian, your child's pediatrician, and your NextGen coach**. When in doubt, ask a professional first.

References & Sources

The guidance in this document is grounded in internationally recognised evidence from the following organisations and publications. Full texts are publicly available through the organisations' websites.

INTERNATIONAL ORGANISATIONS – CONSENSUS STATEMENTS & POSITION STANDS

International Olympic Committee (IOC). Consensus Statement: Dietary Supplements and the High-Performance Athlete. *British Journal of Sports Medicine*. 2018.

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Burke LM, Hawley JA, Wong SH, Jeukendrup AE. Carbohydrates for Training and Competition. *Journal of Sports Sciences*. 2011;29(S1):S17–S27.

Mountjoy M et al. 2023 IOC Consensus Statement on Relative Energy Deficiency in Sport (REDs). *British Journal of Sports Medicine*. 2023.

Thomas DT, Erdman KA, Burke LM. Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the ACSM: Nutrition and Athletic Performance. *Journal of the Academy of Nutrition and*

RECOMMENDED FURTHER READING

Clark N. *Nancy Clark's Sports Nutrition Guidebook* (5th ed.). Human Kinetics. 2013. — Accessible, practical reference for athletes and families.

Burke L. *Practical Sports Nutrition*. Human Kinetics. 2007. — Comprehensive technical reference for professionals.

International Society of Sports Nutrition — free access to all position stands: www.issn.net

Sports Dietitians Australia — youth athlete resources and practical guidelines: www.sportsdietitians.com.au

Precision Nutrition — coach-level nutrition education and research summaries: www.precisionnutrition.com

IMPORTANT DISCLAIMER

This guide presents general educational information based on the above evidence sources. It is not a substitute for personalised advice from a licensed nutritionist, dietitian, or physician. Individual athletes may have specific medical conditions, allergies, or nutritional needs that require professional assessment. When in doubt, consult a qualified health professional. For personalised sports nutrition support, ask your NextGen coach for a referral to a registered sports dietitian in your area.

A FINAL WORD

Thank you for trusting NextGen.

Your athlete works hard on the track. You work just as hard at the dinner table — and that partnership is what builds a complete athlete.

Remember that this is built on **consistency, not perfection**. No single meal, missed snack, or birthday party decides anything. The families who go furthest are simply the ones who keep showing up with good habits — week after week, season after season.

You don't need to get everything right. You just need to keep going. We're in this with you — every step, every meal, every season.

Start with one small change this week. Then another.
That's how champions are built.

Train to Dominate.



nextgenspeedacademy.com · train@nextgenspeedacademy.com · [@nextgen.speed](https://www.instagram.com/nextgen.speed)

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