

Champion Habits

**The Hockey Players Roadmap
to Fuelling Success**



**PRODIGY
ATHLETICS**

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 [prodigyathletics.hockey](https://www.instagram.com/prodigyathletics.hockey)

 [prodigy.athletics](https://www.youtube.com/prodigyathletics)

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INTRODUCTION

We specialize in transforming dedicated athletes into exceptional players through our comprehensive development system.

Our mission at Prodigy Athletics is to provide elite hockey players with the tools, knowledge, and guidance they need to reach their highest potential. By blending science-backed training methods with personalized nutrition strategies, we are committed to helping athletes build resilience, recover effectively, and perform at their peak.

We aim to empower our clients to achieve excellence, not only in their sport but in their overall health and well-being.

DAILY SCHEDULE EXAMPLE

TIME	ACTIVITY
5:30am	Wake-Up
5:35am	Hydrate (250mL water)
5:40am	Morning Stretch
5:50am	Meal 1 + Breakfast Supplements Hydrate (250mL water)
6:15am	Training Hydrate (500- 750mL water)
7:30am	Snack 1/ Post-Training & Hydrate (250mL water)
8:00am	Work/School
10:00am	Snack 2 + Mid-Morning & Hydrate (250mL water)
10:15am	Return to Work/School
12:45pm	Meal 2/Lunch Hydrate (250mL water)
1:15pm	Return to Work/School
4:00pm	Snack 3/ Pre-Training & Hydrate (250mL water)
5:30pm	Train/Skate/Practice Hydrate (500-750mL water)
7:00pm	Meal 3/Dinner Hydrate (250mL water)
7:20pm	Snack 4/Dessert
8:30pm	Unwind, Limit Screentime + Prepare for Next Day
9:00pm	Sleep

WHAT TO EAT

Meal 1: Breakfast

Ingredients	Amount	Macros	
Dates	60g	Calories	379 kcal
Cottage Cheese	180g	Protein	22g
Pineapple	140g	Carbohydrates	72g
		Fat	4g

Snack 1: Post-Training Snack

Ingredients	Amount	Macros	
Vanilla Protein	1 Scoop	Calories	736 kcal
Banana	1 Banana	Protein	50g
Spinach	15g	Carbohydrates	103g
2% Milk	1.5 Cup	Fat	17g
Frozen Mixed Berries	180g		
Chia Seeds	15g		
Quaker Quick Oats	40g		

Snack 2: Mid-Morning Snack

Ingredients	Amount	Macros	
Bell Pepper	1 Pepper	Calories	328 kcal
Hard-Boiled Egg	2 Eggs	Protein	19g
Pepperoni Stick	3 Sticks	Carbohydrates	10g
		Fat	24g

Meal 2: Lunch

Ingredients	Amount	Macros	
Ground Turkey	150g	Calories	723 kcal
Quinoa	120g	Protein	48g
Kirkland Stir Fry Vegetable Mix	150g	Carbohydrates	88g
Note: Add seasoning of choice to meal		Fat	19g

Snack 3: Pre-Training Snack

Ingredients	Amount	Macros	
Medjool Dates	130g	Calories	988 kcal
Rx Bar	130g	Protein	17g
Dried Mango Unsweetened	120g	Carbohydrates	223g
		Fat	9g

Meal 3: Dinner

Ingredients	Amount	Macros	
Chicken Drumstick	3 Drumsticks	Calories	483 kcal
Broccoli	150g	Protein	43g
Sweet Potato	150g	Carbohydrates	54g
Note: Add seasoning of choice to meal		Fat	10g

Snack 4: Dessert			
Ingredients	Amount	Macros	
Quaker Quick Oats	60g	Calories	345 kcal
2% Milk	1 cup	Protein	16g
		Carbohydrates	53g
		Fat	9g

Total Daily Macro	
Calories	3,982 kcal
Protein	215g
Carbohydrates	603g
Fat	92g

Total Water Consumption
2750 - 3250 mL
2.75 - 3.25 L

GROCERY LIST

Specific Item	Size	Est. Price(CAD)
Terra Delyssa Deglet Noor Organic Pitted Dates	1.25 kg	\$ 11.99
Quaker Quick Oats	5.16 kg	\$ 13.99
Kirkland Signature Frozen Three-Berry Blend Fruit	2 kg	\$ 16.99
Kirkland Signature 2% Cottage Cheese	2.25 kg	\$ 14.99
Kirkland Signature Frozen Golden Sweet Pineapple Chunks	2 kg	\$ 14.99
LEANFIT Whey Protein Powder (Vanilla)	60 Servings	\$ 44.99
Green Gate Fresh Spinach	454 g	\$ 4.49
Kirkland Signature Fat-free Greek Yogurt	1.95 kg	\$ 13.99
Bananas	3lb bag	\$ 2.29
2% Milk	4L jug	\$ 5.75
Chia Seeds	1.36 kg	\$ 13.49

GROCERY LIST

Burnbrae Farms 2.5 Dozen Medium Loose White Eggs	30 Eggs	\$ 11.79
Piller's Pepperoni Sticks	50 Sticks	\$ 29.97
Sweet Bell Peppers	6 Peppers	\$ 13.99
Kirkland Signature Organic Quinoa	2.04 kg	\$ 17.99
Kirkland Signature Frozen Stir-Fry Vegetable Special Blend	2.5 kg	\$ 13.99
Nature's Touch Frozen Broccoli Florets	2 kg	\$ 9.99
Ground Turkey	3 kg	\$ 38.59
Rx Bars	14 Bars	\$ 31.59
Dried Mango	992 g	\$ 20.99
Chicken Drumsticks	per kg	\$ 8.69
Sweet Potato	2.26 kg	\$ 8.69
Bell Peppers	6 pack	\$ 8.19

GROCERY BUDGET BREAKDOWN

Repeating the same example over seven days, we calculated the weekly average.

Expect the first trip to be about \$378.62 after tax.

After that, because some items will last longer than others, the average weekly spend for this list drops to \$182.46/week.

Not bad for eating like an athlete, and a small investment for how you will look and feel.

**Now that you have the blueprint
it's time to **EXECUTE****

**Commit to this plan and you'll
dominate every shift on the ice!**

**If you're serious about levelling up your
hockey game and want a proven
system that will push you beyond your
limits – message us today!**

**LET'S BUILD YOUR STRENGTH,
SPEED, AND SKILL SO YOU CAN
DOMINATE ON THE ICE.**