

Prodigy Power Plates

The Fueling Playbook for Busy Athletes Who Can't Cook

This resource is built for the performance hockey athlete who struggles to eat enough around a demanding training schedule and doesn't have the best access to cooking because of their living situation, whether with a billet or in a dorm.

Everything in this meal plan is easy to prep, requires no cooking, and only needs to be refrigerated for storage. It can all be prepped days in advance and does not need to be heated to consume. This means it's all low-prep, on-the-go fuel for you, regardless of your situation.

If possible, prep each of these meals in batches of four on a Sunday evening with labelled bags. This way you just have to grab it from the fridge on your way out the door without having to worry about what you'll eat or if you packed enough food. Of course, quantities can be adjusted if you are still hungry or if you have trouble eating it all.





Pre-Training Breakfast: Overnight Oats with Protein Shake

Ingredients:

- 1) 1.2 Cups 2% milk
- 2) 80g Quaker Quick Oats
- 3) 120g Frozen Mixed Berries
- 4) 1 Fairlife Chocolate Protein Shake

Instructions:

In a small Tupperware, mix oats, berries, and milk together. Stir until all oats are moist. Seal Tupperware and refrigerate. **Please**, if you're not eating this at home in the morning, remember to pack a spoon.

Macros:

Pre-Training		Overnight Oats		Item Macros				Meal Macros		
Ingredients	Amount	Unit		Calories	Protein	Carbs	Fat	Calories	668	kcal
Quaker Quick Oats	80	g		297	11	55	6	Protein	52	g
2% Milk	1.25	cup		153	10	15	6	Carbs	89	g
Frozen Mixed Berries	120	g		69	1	15	1	Fat	15	g
Fairlife Chocolate Protein Shake	1	Shake		150	30	4	3			





Post-Training Breakfast: Sourdough with Peanut Butter & Honey, Berries and Yogurt, + 2 Fruit of Choice

Ingredients:

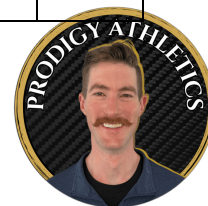
- 1) 2 Slices of Sourdough (or bread of choice)
- 2) 2 Tbsp Peanut Butter
- 3) 10 ml Honey
- 4) 150g Frozen Mixed Berries
- 5) 150g Non-Fat Greek Yogurt
- 6) 2 Apples (or fruit of choice)

Instructions:

In a small tupperware, mix yogurt and berries together. Seal tupperware and refrigerate. If desired, toast sourdough before applying spread. Spread peanut butter and honey across sourdough. Can store each piece separately, or face to face in the same container. Store apples (or fruit of choice, oranges, pears, bananas, etc.) separately. **Please**, remember to pack a spoon.

Macros:

Post-Training	Yogurt, Berries, Sourdough			Item Macros					Meal Macros		
Ingredients	Amount	Unit		Calories	Protein	Carbs	Fat		Calories	738	kcal
Sourdough	2	Slice		200	8	38	2		Protein	32	g
Peanut Butter	2	Tbsp		192	8	8	16		Carbs	118	g
Honey	10	ml		30	0	8	0		Fat	19	g
Frozen Mixed Berries	150	g		86	1	19	1				
Nonfat Greek Yogurt	150	g		86	15	7	0				
Apple	2	Apples		144	0	38	0				





Post-Skate Lunch: Sourdough Sandwich

Ingredients:

- 1) 2 Slices of Sourdough (or bread of choice)
- 2) 10g Mayonnaise
- 3) 10g Mustard
- 4) 120g Black Forest Ham (or sandwich meat of choice)
- 5) 100g Lettuce
- 6) 50g Marble Cheddar (or cheese of choice)

Instructions:

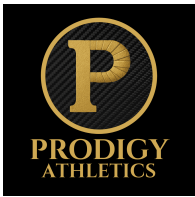
Spread mayonnaise on one slice of sourdough. Spread mustard on the other slice of sourdough. Spread ham and lettuce evenly across bread. Slice cheese and layer on as well. Place pieces of bread together and put in a container or sandwich bag for storage.

Can easily double this recipe depending on appetite.

Macros:

Lunch	Sourdough Sandwich		Item Macros				Meal Macros		
Ingredients	Amount	Unit	Calories	Protein	Carbs	Fat	Calories	578	kcal
Sourdough	2	Slices	200	8	38	2	Protein	43	g
Mayonnaise	10	g	68	0	0	8	Carbs	43	g
Marble Cheddar	50	g	184	12	2	14			
Mustard	10	g	6	0	1	0	Fat	26	g
Lettuce	100	g	15	1	3	0			
Black Forest Ham	120	g	106	21	0	2			





Afternoon Snack: Pepperoni, Crackers, and Fruit

Ingredients:

- 1) 3 Sticks of Pepperoni
- 2) 8 Multigrain Crackers
- 3) 1 Orange

Instructions:

Package and store each item separately. Hard storage recommended for crackers to avoid them getting crushed.

Macros:

Afternoon Snack	Pepperoni, Crackers, Fruit		Item Macros				Meal Macros		
Ingredients	Amount	Unit	Calories	Protein	Carbs	Fat	Calories	552	kcal
Pepperoni Stick	3	Sticks	330	18	3	27	Protein	19	g
Multigrain Crackers	8	Crackers	160	0	24	8	Carbs	42	g
Orange	1	Orange	62	1	15	0	Fat	35	g





Dinner: Dealer's Choice (High Variability)

Instructions:

We know that dinners are highly variable and hard to predict and plan. So we're leaving it open for you, with some guidelines. Campus cafeterias, dorms, and billet homes are going to have massive variability, and we know we can't control everything. Use the plan above to keep 80% of your eating habits in check, then follow these general guidelines to finish things off. **Look for a minimum 50g of protein and about 200g carbs.**

Supplement this meal with vegetables for micronutrients and be sure to rehydrate if you haven't been throughout the day. An easy way to hit this target is pick a protein, have some pasta, and add some vegetables. My favourite is chicken breast, fettuccine with olive oil, baked yam and steamed broccoli.

Target Macros:

Calories: >1000 kcal

Protein: >50g

Carbohydrates: ~200g

Fats: Sufficient fats reached from other food items

Daily Macros (Before Dinner):

Calories	2536	kcal
Protein	146	g
Carbs	292	g
Fat	95	g

If you want more tools like this and you want to grow alongside athletes who actually care about getting better, apply to become part of our Intentional Edge community.

[Request to Join Intentional Edge](#)

