



Illusion Institute

Nutrition



Playbook

Athlete's Name _____

Our Mission:

To increase awareness of overlooked players in smaller market school districts that are basketball scholarship worthy, and make quality basketball training programs accessible to these student-athletes.



What is the Illusion Institute Nutrition Playbook?

Taking your game to the next level goes beyond performance in games and how hard you work to improve your skills. Your Illusion Institute Nutrition Playbook is a tool for you. A tool that will help compliment your efforts towards being in peak physical condition. This playbook will explain how your diet is simply different from the norm. You're special! 😄

We'll recommend to you things to eat, why you should do so, and explain the significance of eating right. **So let's get started...**

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First let's talk about the SIGNIFICANCE of you eating right. In other words, why does it matter? What's the big deal with what I eat? I'm a young stallion that can eat anything and ball out of control! I'm a young prized filly that can eat 3 dollar menu sandwiches and not miss a beat!



O.k. you rock star student-athlete you, you must understand that eating healthy plays a major role in how your body performs during any strenuous activity. And you of all people know that basketball can be strenuous at times.

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Think about how poorly your Mom or Dad's car would run on lemonade instead of gas? Sounds silly, but just as it's important that a car has the right components flowing through it to run with maximum performance, as does your body.



For example, without an adequate amount of carbohydrates from food such as whole grain bread, grapes, or brown rice, your muscles will not get the energy they need to perform at their highest levels. Your muscles need the right stuff to perform for you in the clutch! Basketball is an endurance sport, why do you think coach has you

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run so much in practice?
Did you know that according to Colorado State University, endurance athletes need as much as 70% of their daily calories to come from foods high in carbohydrates? That's a high percentage! Think about it... 70 out of 100. CSU explains further that carbs supply 40% to 50% of your energy requirements during the early stages of exercise. Think of it this way; during the beginning of basketball practice the carbs that you ate at lunchtime will provide nearly half of your energy. Being or feeling sluggish at this point of practice is likely due to



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