BETSY'S THANKSGIVING WEEK

Keep your gymnast fueled.

Five days of real meals, well-timed snacks and room for the holiday.



Eat through the day. Don't wait until practice to start fueling.

Example for a teen gymnast with 4–7 p.m. practice. Move the times with your schedule. Portions and extra snacks should match growth, hunger and training.

MONDAY	TUESDAY	WEDNESDAY
7:30 • BREAKFAST Oatmeal made with milk, banana + scrambled eggs.	**7:30 • BREAKFAST** Egg-and-cheese toast, orange + milk.	**7:30 • BREAKFAST** Greek yogurt, oats, berries + toast.
10:30 • SNACK Roasted chickpeas + berries.	**10:30 • SNACK** Apple + peanut or almond butter.	**10:30 • SNACK** Dry-roasted edamame + pear.
12:30 • LUNCH Chicken rice bowl with vegetables + avocado.	**12:30 • LUNCH** Turkey sandwich, carrots + grapes.	**12:30 • LUNCH** Chicken wrap + vegetable soup.
3:00 • PRE-PRACTICE Toast with jam + melon.	**3:00 • PRE-PRACTICE** Rice cakes with jam + grapes.	**3:00 • PRE-PRACTICE** Applesauce + toast with honey.
5:30 • PRACTICE BREAK Applesauce + dry-roasted edamame.	**5:30 • PRACTICE BREAK** Rice cakes with peanut or almond butter.	**5:30 • PRACTICE BREAK** Hard-boiled egg (keep chilled) + raisins.
7:30 • DINNER / RECOVERY Salmon, roasted potatoes + green beans.	**7:30 • DINNER / RECOVERY** Chicken pasta with tomato sauce + broccoli.	**7:30 • DINNER / RECOVERY** Beef or bean tacos, rice + peppers.

THE TIMING IS THE POINT

Build meals from everyday foods. Use easy-to-digest snacks around training. During a long practice, use a coach-approved break to refuel. If dinner is delayed, have milk + dried mango after practice. Still hungry later? Add cereal with milk or yogurt + toast.

THANKSGIVING + THE DAY AFTER

Enjoy it. Keep the rhythm.

You don’t need to earn Thanksgiving dinner. Your body still needs fuel on days off.

THURSDAY | Thanksgiving

8:00 • BREAKFAST

Eggs, toast + fruit. Eat breakfast even when a big meal is coming.

11:00 • EARLY LUNCH

Chicken sandwich + fruit. Keep this meal if Thanksgiving dinner is at 3 p.m.

3:00 • THANKSGIVING TABLE

Turkey, mashed or sweet potatoes, stuffing, vegetables + cranberry sauce. Choose foods you enjoy; eat to comfortable fullness.

DESSERT

Enjoy your favorite pie or dessert with the meal or later. No need to “save up” for it.

7:00 • EVENING MEAL

Hungry again? Have a turkey sandwich or a plate of leftovers. Add a bedtime snack if needed.

FRIDAY | Back to your rhythm

8:00 • BREAKFAST

Oatmeal with milk, berries + eggs. Begin the day with food, not a plan to make up for yesterday.

10:30 • SNACK

Greek yogurt + strawberries.

12:30 • LUNCH

Leftover turkey sandwich, vegetable soup + fruit.

3:00 • AFTERNOON SNACK

Rice cakes with nut butter + berries. If practicing at 4, choose rice cakes with honey + melon instead.

6:30–7:30 • DINNER

Turkey-and-rice bowl with vegetables + olive oil. If training, eat after practice and add a mid-practice snack.

Dinner at 5 or 6? Eat lunch + an afternoon snack. No practice? Keep regular meals and snacks; let hunger guide the extras. Rest days still support growth and recovery.

YOUR WATER PLAN | ALL FIVE DAYS

Morning + meals: Offer a glass of water on waking and with meals; about 8 oz is an example serving, not a quota. Milk with meals also contributes fluid.

Between meals: Keep a bottle nearby and sip with snacks and through the day. On Thursday, put water on the holiday table. Friday needs normal hydration, not a “flush.”

Practice days: Drink before training and take water breaks every 15–20 minutes. During long, sweaty sessions, a sports drink can help supply carbohydrate and sodium.

Make it individual: Needs vary with age, body size, heat and sweat. Aim for pale-yellow urine; don’t force large amounts. This is a flexible routine, not a daily fluid limit.

Example, not a fixed prescription. Adjust portions, timing and foods for your athlete, allergies and practice schedule. No skipped meals or extra workouts to compensate for holiday food.

Timing + hydration reference: American Academy of Pediatrics, “Sports Nutrition for Busy Families.”