



BASEBALL PERFORMANCE NUTRITION

THE COMPLETE NUTRITION GUIDELINES

Where fueling meets performance. Daily calorie and macro targets, food lists, and meal timing built for male baseball athletes ages 14–22.

DAILY TARGETS • MACROS BY BODYWEIGHT • MEAL TIMING • FOOD LISTS • BUILD YOUR PLATE



DAILY TARGETS OVERVIEW

Baseline calorie, macro, and hydration targets for high school and college baseball athletes.

GOAL	RECOMMENDATION
Calories (Maintenance)	2,800–3,800 cal/day — depending on age, size, position, and training volume
Calories (Gain Muscle)	3,300–4,500 cal/day (approx. 300–700 cal above maintenance)
Protein	0.8–1.0 g per lb bodyweight (180-lb athlete = 145–180 g/day)
Carbohydrates	2.5–4.0 g per lb bodyweight (180-lb athlete = 450–720 g/day)
Healthy Fats	0.35–0.5 g per lb bodyweight (180-lb athlete = 65–90 g/day)
Water	½–¾ oz per lb bodyweight daily, plus fluids during workouts



MACROS BY BODY WEIGHT

Daily calorie and macronutrient targets scaled to bodyweight for athletes actively trying to gain.

BODY WEIGHT	CALORIES TO GAIN	PROTEIN	CARBS	FAT
140 lbs	3,000–3,400	140 g	350–500 g	55–70 g
160 lbs	3,300–3,700	160 g	400–575 g	60–80 g
180 lbs	3,600–4,000	180 g	450–650 g	70–90 g
200 lbs	3,900–4,300	200 g	500–725 g	75–100 g
220 lbs	4,200–4,600	220 g	550–800 g	80–110 g

Formula basis: gain range = maintenance + 300–700 cal • Protein 0.8–1.0 g/lb • Carbs 2.5–4.0 g/lb • Fat 0.35–0.5 g/lb



NUTRITION PRIORITIES

What each macronutrient does for a baseball athlete, and how to prioritize it.

PROTEIN

- Builds and repairs muscle
- Supports recovery after lifting and practices
- Spread intake over 4–6 meals/snacks throughout the day

CARBOHYDRATES

- Primary fuel source for explosive movements
- Supports sprint speed, exit velocity, pitching velocity, and recovery
- Consume the majority of carbs before and after workouts

HEALTHY FATS

- Supports hormone production and recovery
- Choose avocados, nuts, olive oil, eggs, salmon, peanut butter



WORKOUT-DAY MEAL TIMING

What to eat before and after training to maximize performance and recovery.

PRE-WORKOUT (60–90 MIN BEFORE)

- 40–80 g carbohydrates
- 20–30 g protein
- Low fat and low fiber
- Example: turkey sandwich, banana, Greek yogurt

POST-WORKOUT (WITHIN 30–60 MIN)

- 30–40 g protein
- 60–100 g carbohydrates
- Rehydrate with water and electrolytes
- Example: grilled chicken, rice, fruit, chocolate milk



MEAT & PROTEIN CHART

Practical calorie and protein estimates for 6 oz cooked portions.

FOOD — 6 OZ COOKED	CALORIES	PROTEIN
Chicken breast	~280	~52 g
Turkey breast	~270	~50 g
93% lean ground beef	~400	~44 g
90% lean ground beef	~430	~42 g
96% lean ground beef	~300	~48 g
Sirloin steak	~350	~48 g
Top round steak	~320	~50 g
Pork tenderloin	~300	~48 g
Pork chop, lean	~360	~46 g
Salmon	~370	~40 g
Tuna	~280	~62 g
Chicken thigh, skinless	~360	~44 g

BEST EVERYDAY CHOICES

Prioritize: chicken breast → turkey → lean beef → steak → pork → salmon → tuna → shrimp → other fish.

You don't need every meal to be extremely lean — salmon and lean beef provide additional fats and micronutrients useful for athletes.



HIGH-PROTEIN SNACK CHART

Especially useful for athletes who struggle to eat enough calories during the day.

SNACK	CALORIES	PROTEIN
Greek yogurt, 1 cup	~130–180	15–20 g
Cottage cheese, 1 cup	~180–220	25–28 g
Chocolate milk, 16 oz	~300–400	16–20 g
Protein shake	~150–250	25–30 g
Protein shake + banana	~250–350	25–30 g
2 hard-boiled eggs	~140	12 g
3 eggs	~210	18 g
String cheese, 2 sticks	~160	14 g
Beef jerky, 2 oz	~150–200	20–25 g
Turkey slices, 4 oz	~120–160	24–28 g
PB + banana	~290	8 g
Tuna packet + crackers	~250–350	18–25 g

BEST POST-PRACTICE SNACKS

1. Protein shake + banana
2. Chocolate milk + banana
3. Greek yogurt + granola + berries
4. Turkey sandwich + fruit
5. Cottage cheese + fruit + granola

Trying to gain weight? Add peanut butter, granola, nuts, olive oil, avocado, cheese, and whole milk.



HEALTHY CARB OPTIONS

Carbohydrates should make up a large portion of a baseball player's diet, particularly around practices, lifting, and games.

CARB	GREAT FOR
White rice	Pre/post-workout
Brown rice	Everyday meals
Potatoes / sweet potatoes	Recovery + everyday meals
Oatmeal	Breakfast
Whole-grain bread	Sandwiches
Bagels	Pre-workout
Pasta / whole-grain pasta	High-calorie + everyday meals
Quinoa	Meals
Cereal / granola	Easy calories, snacks
Tortillas	Wraps
Beans	Carbs + protein
Bananas	Pre/post-workout
Berries / apples	Recovery, snacks
Oranges / mango / pineapple	Hydration, post-workout
Dried fruit / honey	Easy or quick calories

IMPORTANT FOR BASEBALL

Don't be afraid of white rice, white potatoes, bagels, pasta, cereal, bread, or sports drinks.

For an athlete training hard, these aren't automatically “bad foods.” They fuel sprinting, throwing, hitting, and lifting.



HEALTHY FAT OPTIONS

Healthy fats support overall health, hormones, and help athletes reach their calorie requirements.

FOOD	APPROX. SERVING
Avocado	½–1 avocado
Peanut butter / almond butter	2 tbsp
Almonds / cashews / walnuts / mixed nuts	1 oz
Olive oil / avocado oil	1 tbsp
Chia seeds / flax seeds	1–2 tbsp
Pumpkin seeds / sunflower seeds	1 oz
Salmon	6 oz
Eggs	2–3
Cheese	1–2 oz

BEST CHOICES FOR ATHLETES

Avocado + olive oil + nuts + peanut butter + eggs + salmon.

Particularly useful when an athlete needs more calories without having to eat enormous amounts of food.



THE "BUILD YOUR PLATE" SYSTEM

For most meals, build your plate from these five groups.

1

PROTEIN

Choose 1 serving

Chicken • Turkey • Beef •
Steak • Pork • Fish • Eggs

2

CARBOHYDRATE

Choose 1–2 servings

Rice • Potatoes • Pasta •
Oatmeal • Bread • Bagel •
Fruit

3

VEGETABLE/FRUIT

Choose 1–2 servings

Broccoli • Green beans •
Peppers • Spinach • Berries •
Banana • Apple • Orange

4

HEALTHY FAT

Choose 1 serving

Avocado • Nuts • Peanut
butter • Olive oil • Eggs •
Salmon

5

HYDRATE

Water throughout the day +
electrolytes around long/hard
practices



SAMPLE DAY — GAINING WEIGHT

A very easy daily structure for a player trying to gain weight.

MEAL	WHAT TO EAT
Breakfast	Eggs + oatmeal + banana + peanut butter
Snack	Greek yogurt + granola + berries
Lunch	6 oz chicken + rice + vegetables + avocado
Pre-practice	Bagel + banana + peanut butter
Post-practice	Protein shake + chocolate milk + fruit
Dinner	6 oz lean beef/steak + potatoes/rice + vegetables
Before bed	Cottage cheese or Greek yogurt + fruit/granola

This gives the athlete multiple opportunities to hit protein and calorie targets rather than trying to eat everything at dinner.



THE WEIGHT **GAIN** RULE

To maximize lean muscle gain, follow these four principles.

01

Eat 300–700 calories above maintenance

02

Gain 0.5–1.0 pound per week

03

Lift consistently 3–5 days per week

04

Sleep 8–10 hours per night



FUEL THE **NUMBER** YOU NEED

Consistently meeting your calorie and macronutrient goals will improve strength, recovery, power, bat speed, exit velocity, sprint speed, and long-term athletic development.

These are general performance guidelines; individual needs vary based on body size, metabolism, position, and training load.

RIPD ATHLETICS

BASEBALL PLAYER DEVELOPMENT & NUTRITION