HIGHER POWER TRAINING & PERFORMANCE NUTRITION

P2P PITCH2PITCH



ACCELERATED PERFORMANCE NUTRITION

Fuel Your Performance. Build Your Body. Elevate Your Game.

Presented by Higher Power Training
in partnership with Pitch 2 Pitch

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Includes two daily meal-plan pages and the post-workout shake guide. Find pre- and in-workout guides online.

1. Fueling the P2P Athlete

Fuel Your Performance. Build Your Body. Elevate Your Game.

The work you put in at Pitch 2 Pitch builds your skills and prepares you to compete. What you eat each day helps support that work—from your energy during practice to your recovery afterward.

Nutrition is part of your development as an athlete. Whether your goal is to gain size and strength, improve body composition, or stay fueled through a demanding season, consistent eating habits help give your body the resources it needs.

That is why **Pitch 2 Pitch and Higher Power Training have partnered to bring performance nutrition to P2P athletes and families.** P2P provides baseball instruction and athletic development. HPT brings nutrition and body composition expertise to support your progress.

Start With the Daily Fundamentals

Fueling well begins with habits you can repeat:

• **Eat enough to support growth and activity.** School, training, practices, and games all place demands on your body.

• **Include protein throughout the day.** Make it a regular part of meals and snacks to support muscle repair and growth.

• **Fuel activity with carbohydrates.** Build meals around foods that help meet the energy demands of training and competition.

• **Include fruits, vegetables, and healthy fats.** Variety helps provide nutrients your body needs for health and development.

• **Make hydration and recovery a routine.** Plan ahead so fluids, meals, and recovery snacks are available when you need them.

Put the Plan Into Practice

The example daily meal plans that follow show how these fundamentals can fit into a real day. Use them to organize meals, prepare groceries, and find practical options for school, training, and home.

Your goals. Your body. Your nutrition plan. These plans are a starting point. The amount of food you need will depend on your size, stage of growth, activity level, and goals.

Start with consistency. Plan ahead. Make fueling your body part of preparing for your game.

Your P2P Nutrition Resources - All in One Place

Shop HPT's recommended supplements, explore exclusive P2P offers, and find new nutrition content and workout fueling guides. Scan to visit and bookmark the page.

higherpowertraining.com/p2p-resources/

Want personalized guidance and accountability? Contact HPT about APN coaching.

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HPT Accelerated Performance Nutrition

Example Meal Plans

		BREAKFAST	MORNING SNACK	LUNCH
PROTEIN	Option 1	4–8 whole eggs (If you want to turn this into a ham and cheese omelette, simply sub 1 oz of cheese or ham for 1 egg)	20–40 g protein shake	3–6 oz deli meat, 1–2 slices regular fat cheese
	Option 2	1–2 cups low-fat cottage cheese or low-fat Greek yogurt	20–40 g protein shake	4–8 oz chicken
	Option 3	4–8 oz ham	20–40 g protein shake	1–2 beef patties, 1–2 slices cheese
FRUIT	Option 1	1 cup of berries (can add to Greek yogurt or cottage cheese)	apple	
	Option 2	3 tsp honey (added to yogurt or cottage cheese)	banana	
	Option 3	1 whole fruit (apple, orange, banana, peach)	orange	
STARCH	Option 1	½–1 cup hashbrowns		2–3 slices whole wheat bread
	Option 2	2 slices whole wheat toast		⅔–1 cup rice
	Option 3	1–2 whole English muffins		1–2 hamburger buns
FAT	Option 1	2–3 tsp butter (for hashbrowns & eggs)	1–2 oz nuts	2–4 tsp butter or mayo on sandwich
	Option 2	2–3 tsp butter or peanut butter on toast	1–2 oz nuts	2–4 tsp olive oil (for chicken and rice)
	Option 3	2–3 tsp butter (for making breakfast sandwich)	1–2 oz nuts	No added fat needed (plenty of fat from the burger and cheese)
DAIRY	Option 1	8 oz low-fat milk OR 8 oz whole milk		8 oz low-fat milk OR 8 oz whole milk
	Option 2	8 oz low-fat milk OR 8 oz whole milk		8 oz low-fat milk OR 8 oz whole milk
	Option 3	8 oz low-fat milk OR 8 oz whole milk		8 oz low-fat milk OR 8 oz whole milk
VEGETABLE	Option 1			⅔ cup carrots (mini or chips)
	Option 2			broccoli in rice bowl
	Option 3			lettuce, tomato, onions on burger

KEY: tsp = teaspoon oz = ounces g = grams

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HPT Accelerated Performance Nutrition

Example Meal Plans – Page 2 of 2

		AFTERNOON SNACK	DINNER	EVENING SNACK
PROTEIN	Option 1	20–40 g protein shake	4–8 oz grilled salmon	3–4 oz meat and cheese rollup
	Option 2	Protein bar (20+ grams protein)	4–8 oz lean sirloin steak	1 to 1 & 1/3 cups Greek yogurt (full fat)
	Option 3	Lean beef jerky (20–40 grams protein)	4–8 oz grilled chicken breast	20–40 g protein shake
FRUIT	Option 1	banana		2–3 tsp of jelly (optional)
	Option 2	orange		1 cup raspberries
	Option 3	apple		banana (in shake)
STARCH	Option 1		1 medium to large baked potato	1–2 slices of bread
	Option 2		2/3 to 1 cup brown rice	
	Option 3		1–2 cups pasta with Red Sauce	
FAT	Option 1	1–2 oz of nuts	2–4 tsp butter	2–4 tsp peanut butter
	Option 2	1–2 oz of nuts	2–4 tsp olive oil or butter (for steak, rice, & asparagus)	(full fat Greek yogurt) or 1 oz of nuts if using low-fat yogurt
	Option 3	1–2 oz of nuts	2–4 tsp olive oil (for cooking and on salad)	2–3 tsp peanut butter (in shake)
DAIRY	Option 1		8 oz low-fat milk OR 8 oz whole milk	
	Option 2		8 oz low-fat milk OR 8 oz whole milk	
	Option 3		8 oz low-fat milk OR 8 oz whole milk	
VEGETABLE	Option 1		broccoli & salad	
	Option 2		asparagus	
	Option 3		salad w/ olive oil & vinegar	

KEY: tsp = teaspoon oz = ounces g = grams

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Want a meal plan personalized for your athlete?

HPT's Accelerated Performance Nutrition program combines a customized plan with coaching and accountability. Scan to connect with HPT.

higherpowertraining.com/contact-us/

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POST-WORKOUT RECOVERY SHAKE

REPAIR • REPLENISH • PERFORM

CORE RECOMMENDATION

- **PROTEIN** *(Choose One)*
  - **Whey concentrate** *(e.g., 20–30 g per scoop)*
  - **Whey isolate** *(e.g., 20–30 g per scoop)*
  - **Beef protein** *(e.g., 20–30 g per scoop)*
- **CARBOHYDRATE**
  - 1–2 pieces of fruit OR 8–12 oz (1–1½ cups) of 100% fruit juice



OPTIONAL ADD-INS (GOAL-DEPENDENT)

- **CREATINE MONOHYDRATE** *3–5 g (strength, power, lean mass)*
- **ELECTROLYTES** *Sodium, potassium, magnesium (rehydration, performance)*
- **EAAs (ESSENTIAL AMINO ACIDS)** *5–10 g (muscle protein synthesis, recovery)*
- **L-GLUTAMINE** *5 g (recovery, immune, gut support)*
- **LIQUID** *Whole milk (bulking) or juice*
- **POWDERED GREENS** *(recovery)*
- **FATS** *Ground flax, nuts, or avocado (bulking)*
- **ADDITIONAL CARBS** *Oats (bulking)*

STANDARD RECOVERY SHAKE

IDEAL FOR: *General training, single sessions, moderate intensity.*

- **30–60 g protein** *(whey concentrate, isolate, or beef protein)*
- **1–2 pieces of fruit OR 8–12 oz (1–1½ cups) 100% fruit juice**

STRENGTH & SIZE SHAKE

IDEAL FOR: *Heavy training, multiple sessions, size/strength goals.*

- **30–60 g protein** *(whey concentrate, isolate, or beef protein)*
- **1–2 pieces of fruit OR 8–12 oz (1–1½ cups) 100% fruit juice**
- **Optional:** additional **carbohydrates** *(e.g., oats)*
- **Optional:** 3–5 g creatine **monohydrate** *(when appropriate)*

KEY POINTS

- Consume within 30–60 minutes after training.
- Use 30–60 g of high-quality, fast-digesting protein.
- Include a fruit or juice source to replenish glycogen and support recovery.
- Adjust carbs and add-ins based on training demands, body weight, and individual needs.

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Make nutrition fit your training schedule.

Need help planning food around practices, games, and recovery? Scan to connect with HPT about personalized nutrition coaching.

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2. Example Daily Meal Plans

A Great Plan Is the Starting Point. Following Through Makes the Difference.

These meal plans give athletes and families a practical starting point. But in our experience, many athletes need the accountability of a coach to consistently put a plan into action.

HPT's Accelerated Performance Nutrition program provides the education, customization, accountability, and ongoing adjustments your athlete needs to turn a meal plan into daily habits. As their body, training demands, and goals change, we adjust the plan to help them keep progressing toward their full potential.

Ready to take the next step?

Scan the QR code or contact HPT to get started.

higherpowertraining.com/contact-us/

3. About Higher Power Training

Experience at the Highest Level. Personal Attention at Every Level.

Higher Power Training (HPT) is a personal training, sports performance, and nutrition center in Eden Prairie, Minnesota. Founded in 2004 by Jason Ivesdal, HPT helps athletes and adults build stronger bodies, improve body composition, improve their health, and develop the habits that support lasting progress.

Our approach connects training, nutrition, and supplementation—because an athlete's development extends beyond the time spent in the gym.

Through our partnership with Pitch 2 Pitch, we bring that experience to P2P athletes and families, with nutrition coaching that supports the work they are already putting into their sport.

30 Years of Coaching Experience

Jason Ivesdal has coached athletes and fitness clients since 1997. He studied exercise science and nutrition at North Dakota State where he received a bachelor's degree. He has never stopped learning and has furthered his studies in strength training, sports performance, body composition, and performance nutrition.

His professional credentials include Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, along with education and certifications through NASM, USA Weightlifting, and Poliquin Performance.

Jason also holds NutriDyn's 40-hour nutrition certification and BioSignature Levels 1 and 2 certifications, with specialized study in body composition, advanced nutrition, and supplementation. His education includes a Pain-Free certification and specialized spinal rehabilitation courses taught by Stuart McGill.

He was also mentored by Charles Poliquin, an internationally recognized strength coach whose methods have influenced coaches and athletes around the world.

Those qualifications are backed by decades of hands-on coaching: assessing clients, developing individualized training and nutrition plans, measuring progress, and learning what helps people follow through.

That combination of education and practical experience shapes how we coach at HPT.

From Developing Athletes to the Professional Level

HPT's experience includes high school and collegiate competitors, along with professional athletes in the NFL, NHL, and MLB. Athletes we have worked with include **Danielle Hunter, Linval Joseph, Everson Griffen, Ray Edwards, and Cole DeVries**, among many others.

Working across these levels has reinforced a central principle: athletes may share a sport, but they do not all need the same plan.

A young athlete building size and strength has different needs than an experienced professional preparing for another season. Each deserves coaching that reflects their starting point, demands, and goals.

You do not have to be a professional athlete to receive customized coaching.

What Makes HPT Different?

Nutrition and body composition are established specialties.
We look beyond scale weight to understand how an athlete's body is changing. Body composition assessment helps us track progress and make informed adjustments around their goals.

Our coaching follows a four-step process: educate, customize, hold accountable, and adjust.

1. Education: We educate athletes so they understand the plan.
Knowing what to eat matters. Understanding why—and learning how to make those choices at school, at home, and around practices—helps athletes take ownership of their nutrition.

2. Customization: We customize the plan to the athlete.
We go beyond nutrition recommendations by building an actual meal plan around the athlete's body, activity level, schedule, and goals. We map out what types of food to eat, when and where to eat, and how much. Within that structure, athletes choose from food options that fit their preferences.

3. Accountability: We hold athletes accountable to follow the plan.
A great meal plan is only the starting point. We check in, review progress, help athletes work through obstacles, and keep them focused on consistently putting their plan into action.

4. Adjustability: We adjust the plan to keep progress going.
As an athlete grows and their body, training demands, schedule, and goals change, we adjust the plan. Ongoing assessment helps us identify what is working and what needs to change so the plan continues to support their development.

Your P2P Nutrition Partner

Pitch 2 Pitch provides the baseball instruction and athletic development. HPT provides nutrition expertise to help athletes support that work with purposeful daily habits.

Our role is to help your athlete understand the plan, follow through, and keep progressing.

Explore personalized nutrition coaching.

4. Accelerated Performance Nutrition

A Nutrition Plan Built Around Your Athlete

What should your athlete eat between school and practice? How much food do they need when they're trying to build size and strength? And how do you keep meals on track when a weekend tournament takes the family out of town?

Higher Power Training's **Accelerated Performance Nutrition (APN)** program helps families answer those questions with a meal plan built around the athlete's goals, training schedule, and food preferences. A coach helps the athlete put the plan into practice, checks in to see how it's going, and adjusts it as the athlete's needs change.

How the APN Process Works

Get your nutrition manual. After enrolling, you'll pick up your APN Nutrition Manual from HPT. It's both a guide to the program and a resource you'll use every day. The food lists are where your athlete will choose the foods that go into their meal plan.

Watch the videos with the manual handy. We'll send you a series of videos that walk through the food groups and teach your athlete how to portion each type of food using the APN system. We recommend watching them within a day or two of your in-person appointment, with the manual open so you can follow along and jot down questions.

Meet with your coach on Day 0. At your in-person appointment, we'll assess your athlete's starting body composition, answer your questions, and cover additional material beyond the manual. Your athlete leaves knowing how to use their plan and is ready to get started.

Put the plan into practice. Over the next several weeks, we check in regularly to see how your athlete is following the plan, review their progress, and make adjustments as needed. If something is hard to fit into a school or practice day, we work through it together.

Athlete Results

The stories below highlight some of the strongest individual results we've seen in HPT's Accelerated Performance Nutrition program. Each athlete's progress and timeline will vary.

Teigan | Football and Basketball

Teigan was a top recruit in both football and basketball, but he struggled to put on size. He gained **20 pounds over nine months** with HPT's lifting program before adding Accelerated Performance Nutrition. In his first **21 days** on the nutrition program, he gained **another 14.8 pounds on the scale**, while his measured body fat percentage went from **7.6% to 6.2%**.

Cooper | Hockey

Cooper struggled to gain weight and came to HPT to put on size for hockey. Over **28 days** in the Accelerated Performance Nutrition program, he gained **14 pounds on the scale**.

Paul | Junior Hockey

Paul wanted to add size after dealing with recurring injuries and getting pushed around on the ice. Over **11 weeks**, he gained **18.6 pounds on the scale**, while his measured body fat percentage went from **7.2% to 6.8%**.

Noah | High School and College Baseball

Noah was a high school senior and baseball pitcher who wanted to gain weight. He gained **14.4 pounds in 28 days** through HPT's Accelerated Performance Nutrition program. He returned to HPT during his freshman year of college baseball and gained **11.4 pounds in 34 days**.

How to Get Started

Tell us what your athlete is working toward and where nutrition has been a challenge. We'll answer your questions about Accelerated Performance Nutrition and walk you through how to get started.

Ready to get started? Let's talk about your athlete's goals.

Scan to connect with HPT about Accelerated Performance Nutrition and your next steps.

higherpowertraining.com/contact-us/

5. Why Higher Power Training Chooses Professional-Grade Supplements

Not All Supplements Are Created Equal

Walk into a pharmacy, browse Amazon, or visit a big-box retailer, and you'll find thousands of supplements promising better health, improved performance, and faster recovery.

But here's a question most consumers never ask:

Does the supplement actually contain what's on the label? And has it been tested for purity, potency, and potentially harmful contaminants?

Independent investigations have uncovered some concerning problems throughout the supplement industry.

What Independent Testing Has Revealed

1. Amazon Supplements — 50% Failed Testing (2025)

In an investigation of 44 popular supplements purchased on Amazon, 22 failed to meet their active-ingredient label claims. Twenty products contained just 0–3% of their advertised primary active ingredient.

Source: SuppCo 2025 Testing Report

2. Protein Powders — Heavy Metal Contamination (2025)

The Clean Label Project tested 160 protein products and found that 47% exceeded at least one applicable federal or state safety benchmark, including California Proposition 65 thresholds.

Plant-based and chocolate-flavored protein powders generally showed higher lead concentrations.

Source: Clean Label Project Protein Study

3. Retail Herbal Supplements — Ingredient Authenticity Concerns (2015)

The New York Attorney General investigated store-brand herbal supplements sold by GNC, Walgreens, Walmart, and Target.

Approximately 79% of samples did not yield DNA matching the advertised herbs. However, the DNA-testing methodology was disputed because processed herbal extracts may not retain detectable plant DNA.

Source: New York Attorney General investigation, February 2015.

4. Fish Oil — Oxidation and Quality Problems

ConsumerLab and Consumer Reports have identified fish oil supplements with problems involving oxidation, inaccurate omega-3 concentrations, and capsule performance.

Fish oil is especially vulnerable to oxidation from oxygen, heat, and light, making manufacturing quality and storage conditions particularly important.

Source: ConsumerLab fish oil investigations.

The Higher Power Training Difference

At Higher Power Training, we don't simply choose supplements because they're popular, inexpensive, or heavily advertised.

We prioritize healthcare practitioner supplement brands selected for their ingredient quality, manufacturing standards, formulation, and quality-control practices.

Our professional supplement partners include companies such as Designs for Health, Biotics Research, Ortho Molecular Products, NutriDyn, Momentous, and other carefully selected manufacturers.

Our goal is not only to provide supplements that deliver what they're supposed to deliver, in the forms and amounts appropriate for each individual, but also to ensure the products we recommend meet rigorous standards for purity and are tested for potentially harmful contaminants and unwanted ingredients.

An Even Higher Standard: NSF Certified for Sport®

Higher Power Training works with athletes at every level, including high school, collegiate, and professional athletes.

For athletes competing under drug-testing regulations, supplement quality takes on another level of importance.

A supplement contaminated with a banned substance could jeopardize an athlete's eligibility, scholarship, reputation, or professional career.

Under NCAA and many professional sports anti-doping regulations, athletes can be held responsible for prohibited substances found in their bodies, even when those substances were consumed unknowingly through a contaminated supplement.

That's why Higher Power Training places special emphasis on products carrying **NSF Certified for Sport®**, an independent certification program trusted throughout professional and collegiate sports.

NSF Certified for Sport includes:

- **Banned-substance screening:** Testing for substances prohibited by major athletic organizations.

- **Label verification:** Checking that product contents match label claims.
- **Contaminant testing:** Evaluating potentially harmful contaminants.
- **Manufacturing oversight:** Reviewing facilities and quality-control practices.
- **Ongoing monitoring:** Continued product and manufacturing compliance requirements.

Certification applies to specific products, not automatically to every supplement made by a certified brand.

If supplement quality matters to a professional athlete whose career may depend on it, shouldn't quality matter to every athlete and family?

Learn more: NSF Certified for Sport®

Our Philosophy: Quality First. Results Matter.

With **30 years of coaching and nutrition experience**, Higher Power Training understands that supplements are only as useful as their ingredients, formulations, and appropriate application.

We combine individualized nutrition strategies with carefully selected supplements to help athletes pursue three fundamental goals:

STRONG. LEAN. ENERGIZED.

Explore HPT's Exact Supplement Recommendations

Visit the P2P Resources page to explore Key 3, Core 4, 5 to Thrive, and Super 6. See the exact products in each package, learn what they do, and shop HPT's recommendations through our online stores. Current P2P family offers are available there too.

Key 3	Core 4	5 to Thrive	Super 6

Select a package name in the digital guide, or scan below to explore all four. Ask HPT which products fit your athlete's age, goals, sport, and individual needs. Supplements are also available at HPT in Eden Prairie.

Explore the Packages. Shop HPT's Recommendations.

Find product details, shopping links, and current P2P family offers on the Resources page.

higherpowertraining.com/p2p-resources/

6. Exclusive P2P Athlete Benefits

Your P2P Connection to Supplement Savings

Through the Pitch 2 Pitch partnership, families can access exclusive offers from Higher Power Training. The P2P Resources page is your starting point for current supplement savings, shopping links, and special deals.

Check the Current Offers Before You Shop

Visit the P2P Resources page for the latest promotion details and instructions for purchasing through HPT. Keeping offers online lets us update them throughout the season, so you can always find the current information in one place.

More Support for Your Athlete

You can also explore nutrition consultation and Accelerated Performance Nutrition coaching opportunities. Contact HPT for a plan built around your athlete's goals and schedule.

See What's Available for P2P Families.

Scan to view current supplement offers and shopping resources. Bookmark the page and check back for new deals.

higherpowertraining.com/p2p-resources/

7. Additional Resources & Next Steps

Training Tomorrow? Start Here Today.

Before your athlete's next training session, visit the P2P Resources page for these two essential guides. Open them now and plan ahead for tomorrow.

How to Eat Before Training

Plan meals and snacks around your athlete's training time, with practical food choices to help them arrive fueled and ready.

Open the Pre-Workout Guide >

In-Workout Nutrition Guide

Know what to pack and how to plan hydration and fueling during training, games, and longer sessions.

Open the In-Workout Guide >

Keep Coming Back for More

Explore HPT's Key 3 through Super 6 supplement recommendations, shopping links, and current P2P family offers. You'll also find the post-workout recovery shake resource, new nutrition content, and special deals.

Get the Guides Your Athlete Needs for Tomorrow.

Scan to visit the P2P Resources page. Open the pre-workout and in-workout guides, then bookmark the page for your next session.

higherpowertraining.com/p2p-resources/

Want a personalized plan and accountability? Contact HPT about Accelerated Performance Nutrition coaching.