

Pre-race meal
3 hours before



- Turkey sandwich + apple + pretzels and hummus
- Oatmeal with 2% milk + banana + nut butter
- Pasta + marinara sauce + meatballs + small salad with olive oil
- Chicken stir fry with peanut sauce + white rice
- Peanut butter and jelly sandwich + beef jerky stick + ½ banana
- Waffles + banana + yogurt with granola

- Have a meal that focuses on energy! Half of your plate should be full of carbs, while the other half is split between color (fruit or vegetables) and protein
- Have 2-3 servings of healthy fats on the side or within your meal
- Hydrate with water



Pre-race snack
1 hour before



- Granola bar
- Apple sauce or fruit pouch
- Pretzels
- Fruit snacks/dried fruit
- Banana
- Fig bar
- Sports drink
- Energy chew

- Have a small snack full of simple carbs, types of carb that are lower in fiber and digest quickly!
- These give us "fast" energy and leave the stomach at a quicker rate to avoid stomach cramping, nausea, or bloating
- If it is hot and humid, sip on an electrolyte drink

RACE/WORKOUT



Recovery snack
30 minutes - 1 hour after



- Chocolate milk
- ½ bagel + string cheese
- 1 cup of Greek yogurt + 1/2 cup of cereal
- Peanut butter and jelly
- 2-4 Tbsp peanut butter + apple
- Protein shake or smoothie
- Crackers + milk
- Granola bar + beef jerky

- Aim for a 3:1 ratio of carbs to protein to restock glycogen (stored energy) stores and aid in muscle repair
- If you are nauseous or not hungry, try a liquid recovery option like chocolate milk, a cold smoothie, or a protein shake
- Continue to rehydrate!



Recovery meal
2-3 hours after

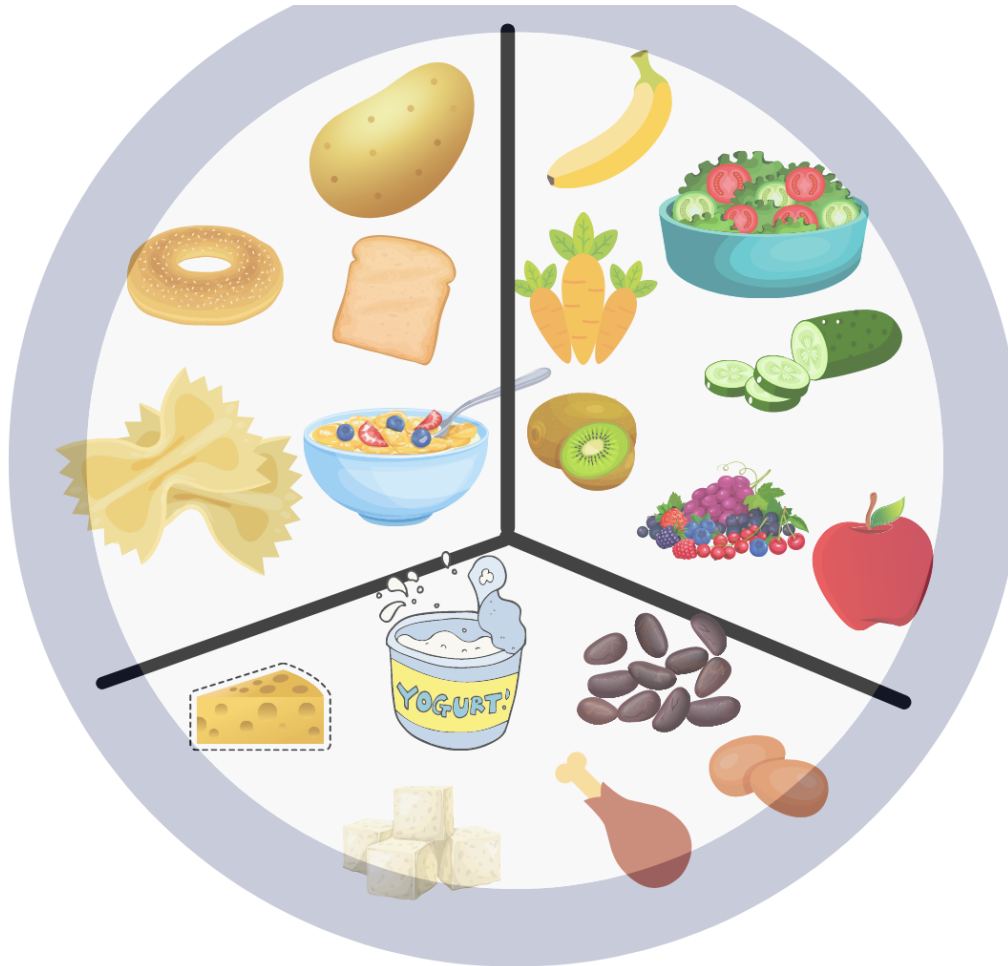


- Tacos with beef, rice, beans, and peppers + guacamole
- Hummus and vegetable tofu wrap with cheese + pita chips
- Eggs + toast + avocado + chicken sausage
- Greek yogurt parfait + berries + granola and a side of mixed nuts
- Brown rice bowl with shrimp + peppers + spinach + cashews

- A post game meal should look like your pre-game meal to continue the recovery process and prepare the body for the next race or workout
- Have 2-3 servings of healthy fats on the side or within your meal

EVERYDAY FUELING

1/3 protein, 1/3 color, 1/3 carbohydrate



- Have a balanced meal! Your plate should have an equal amount of carbs, color (fruit or vegetables) and protein
- Have 2-3 servings of healthy fats on the side or within your meal
- In peak training, your plate should be 1/2 carbs, 1/4 protein, and 1/4 color
- Hydrate with water, an electrolyte drink, or low-fat milk
- Allow 2-3 hours to digest large meals before activity
- Limit added sugars at meal times