

<p>Wake up</p> <ul style="list-style-type: none"> • 100% carbs • Fuel to lift, run... <p>Food options</p> <ul style="list-style-type: none"> • Toast • Fruit • Juice 	<p>Following AM Workout</p> <ul style="list-style-type: none"> • 100% carbs (or close) <p>Food options</p> <ul style="list-style-type: none"> • Bagel with PB • Oatmeal • Granola bar • Pancakes • Water/ Gatorade 	<p>Lunch</p> <ul style="list-style-type: none"> • 75% carbs • 25% protein <p>Food options</p> <ul style="list-style-type: none"> • Stir fry (low salt) • Pasta with meat (no sauce) • Sandwich with meat • Raw vegetables • Fruit • Water
<p>Post Practice Fluids</p> <ul style="list-style-type: none"> • 1-2 days out limit fluid consumption until 60 min after practice • Will consume less fluids • Fluids will be the biggest source of weight on final day or two to weigh in 	<p>Dinner 7pm</p> <ul style="list-style-type: none"> • 25% carbs • 75% protein <p>Food options</p> <p>Lean meat 8-12 oz, grilled or baked</p> <ul style="list-style-type: none"> • Chicken (white meat) • Pork • Fish <p>Vegetables (steamed/raw)</p> <p>Carbohydrates</p> <ul style="list-style-type: none"> • Noodles 4oz • Toast • Brown rice 	<p>Snack</p> <ul style="list-style-type: none"> • Cup of cereal w/ skim milk • Yogurt • Small desert

Fuel types/ examples

Carbohydrates (Carbs)	Protein
Quinoa*, brown rice, sweet potato	Grilled chicken, grilled/broiled fish
100% whole wheat breads and wraps	Pork chops, lean burgers/beef
Oatmeal and cheerios	Whole eggs and egg whites
Fresh fruit and vegetables	Greek yogurt, Low-fat milk, cottage cheese
Beans	Nuts/nut butters, tofu, veggie burgers
	Lean deli ham, turkey, tuna

Vegetables (great source of fiber (filler to keep from getting hungry))

- Prepare steamed or raw

Fruits

- Quick natural source of energy and fluids