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GAME DAY FUELING SCHEDULE

A game day fuel schedule should be planned around the time of the game, event, or competition to allow for a pre-workout meal three to four hours before the game. Once that meal time is established, athletes should make it their goal to eat every few hours leading up to the pre-game meal to maximize their glycogen stores (stored carbohydrate) and energy levels.

A pre-game meal should be:

- Rich in complex carbohydrates
 - » Think oatmeal, quinoa, or brown rice
- Moderate in lean protein
 - » Think lean beef, eggs, or dairy
- Low in fat and fiber
 - » Think nuts and oils for fat
 - » Think broccoli and cauliflower for fiber
- Contain plenty of fluids - at least 16-20 ounces
 - » Think water and sports drinks

Sample Pre-Game Meals:

- Scrambled eggs, whole grain bagel with 100% fruit jam, sausage, and fruit
- Breakfast sandwich with eggs, cheese, and sausage with a yogurt, fruit, and granola parfait
- Steak or roast, potatoes, green beans, cold pasta salad, fruit, and wheat roll
- Baked fish, brown rice, green salad with vinaigrette dressing, fruit, and wheat roll
- Grilled chicken, pasta with marinara sauce, fruit, salad, and breadsticks
- Whole grain sandwich with lean protein, lettuce, tomato, and avocado with fruit and pretzels

Pre-game foods to avoid:
Spicy foods, garlic, creamy foods, fried foods, and other food that might cause individual gut distress

If you have a hard time eating before training or competitions, consider the following options:

- Eat earlier in the day so that you accumulate adequate nutrition before training
- Instead of eating one big pre-workout or competition meal, eat multiple mini meals leading up to the training session, game, or event
- Fuel up with a smoothie or ready-to-drink shake that contains carbohydrate and protein
- Practice eating different foods on non-competition days to know what you digest the easiest
- Don't try new foods - stick to familiar foods, meals, and fluids

MEAL PLANNING CONSIDERATIONS	
<p>CARBOHYDRATES:</p> <ul style="list-style-type: none"> • Pasta with marinara sauce or light butter sauce • Baked, roasted potatoes, or mashed potatoes/sweet potatoes • Rice, rice pilaf, or broccoli rice casserole • Oatmeal, grits, cereal 	<p>PROTEINS:</p> <ul style="list-style-type: none"> • Steak, roast, or lean ground beef • Meat sauce for pasta • Fish • Chicken breast • Eggs
<p>BREADS FOR EXTRA CARBOHYDRATE:</p> <ul style="list-style-type: none"> • Whole wheat and white rolls • Breadsticks • Cornbread • Toast • Bagels • English muffins • Tortillas 	<p>EASY-TO-DIGEST VEGETABLES:</p> <ul style="list-style-type: none"> • Green beans • Corn • Carrots • Squash • Zucchini • Salad

GAME DAY FUELING SCHEDULE

If you are participating in morning games, tournaments, or races, it is necessary to wake up in enough time to eat a complete breakfast and allow time for it to digest before the run, game, or event begins.

The breakfast should include:

- Easy-to-digest and familiar foods
- Complex carbohydrates for sustained energy
- Lean protein to help stabilize blood sugar
- Fruit for added electrolytes and hydration
- Water or sports drink for hydration

EARLY MORNING RACE/COMPETITION/GAME DAY BREAKFASTS	
Bagel with peanut butter and honey, banana, and sports drink	Oatmeal with nuts and dried fruit, eggs, fruit, and sports drink
2 slices thick whole grain toast with almond butter and banana paired with a smoothie made with protein powder, fruit, and water	Beef jerky trail mix with granola, nuts, and dried fruit, a banana with peanut butter, and sports drink

SAMPLE GAME DAY FUELING SCHEDULE

Time	Meal	Example
6:00 – 8:00 am	Breakfast	Whole grain toast with peanut butter, honey, and banana with a beef sausage patty
8:00 – 9:00 am	Light workout	Water
Within 45 minutes	Post-workout Snack	Smoothie made with milk and fruit
11:30 am – 12:30 pm	Lunch	Whole grain deli meat and cheese sub sandwich, baked pita chips, and fruit
3:30 – 4:30 pm	Pre-game/Event Meal	Grilled chicken, mashed potatoes, corn, green beans, fruit, and roll
6:30 – 7:00 pm (optional)	Pre-game/Event Snack	Energy bar and sports drink
Half-time	Half-time Snack	Half peanut butter and jelly sandwich, pretzels, and sports drink
9:00 – 10:00 pm	Post-game/Event Meal	Beef lasagna, salad, fruit, and breadsticks