

PREGAME MEAL

Small Meal (< 400 calories) 3-4h before the game

Should include equal parts fat (digests slowly) and carbohydrates (digests fast)

Ideas:

- Lean meats, fruit, or nuts
- Hummus with veggies/ pretzel sticks
- Greek yogurt with berries
- Cereal with skim milk
- Whole grain (bread, crackers, pita chips) with peanut butter
- Oatmeal with berries and nuts
- Salad with beans, veggies, lean meat (chicken or turkey)

POSTGAME SNACKS

Right after the game

The goal is to allow your body to recover by reducing muscle soreness and replenishing energy

Best thing to eat? **Protein!**

Ideas:

- Protein shake
- Nuts & fruit
- Protein bars

GENERAL TIPS

- Foods to avoid pregame: Spicy, high in fat or high sugar
- Foods to avoid postgame: Candy, high fat snacks
- Drink lots of water or low sugar sports drinks
- Limit caffeine intake
- Choose healthy fats (avocados, nuts, olive oil)

PREGAME SNACKS

Snack right before the game that combines healthy sugar (quick fuel) with protein (no crashes)

Under 200 calories

Ideas:

- Protein shake (protein powder with almond milk and berries)
- Pineapple, mangos, bananas
- Granola bars
- Trail mix
- Greek yogurt
- Protein pancakes

POSTGAME MEAL

30min-2h after the game

Ideas:

- Peanut butter and banana sandwich
- Sandwich with lean meat (turkey or chicken)
- Eggs on whole grain toast
- Oatmeal with berries and nuts
- Turkey burger mason jar salad
- Stir fry (chicken or shrimp) with brown rice
- Whole grain pasta with chicken and light sauce

EASY RECIPES TO DO AT HOME

INCREDIBLE HULK PROTEIN SHAKE

(blend together and enjoy)

- 1 scoop protein powder
- 1 handful spinach
- 1 handful almonds or walnuts
- 1 handful berries of your choice
- 1 greek yogurt
- spoonful honey
- water
- ice

PROTEIN PANGAKES

- 1/2 cup quick oats
- 3 egg whites
- 1 scoop protein powder
- 1 handful berries of your choice
- 1/2 tsp baking powder
- spoonful of honey
- 1/4 cup water

Directions: Mix all together and using a large spoon drop into the pan. Flip when pancake starts to bubble.

TURKEY BURGER MASON JAR SALAD

- Turkey burger (ground turkey seasoned and cooked as patties)
- Caramelize onions in pan with olive oil
- Tomato sauce: tomato paste, onion powder, garlic, salt, pepper, Italian seasoning, Dijon mustard, balsamic vinegar, pepper

Directions: Layer tomato sauce, cooked onions, chopped tomato, crumbled turkey burger, spinach

