

Eat to train: 5 pm

This is the most important meal of this day – it can make or break your afternoon workout! Make it count with lots of complex carbs and moderate protein to fuel your workout later on!

WORKOUT

If your workout is longer than 1 hour, eat simple carbs throughout! Think sports drinks, gels, or sport beans.

Re-fuelling is the BEST way to maximize the results of your training! Eat within 1 hour and think high protein and high carbs.

The MOST important piece of your diet is hydration! Drink lots of water and aim for plenty of light-coloured urine.

Weigh yourself before and after a workout – any weight lost is a sign of inadequate water intake!

Do not skip breakfast! If you have trouble eating first thing in the morning, start small like a piece of fruit or a yogurt.

• Breakfast

- Oatmeal made with 2% milk
- Add a chopped banana and peanut butter

• Lunch

- 1 chicken breast
- 1 medium sweet potato with butter
- Broccoli
- A yogurt cup (NOT LOW FAT OR LOW SUGAR)
- Strawberries
- A piece of cheese
- 2 cookies

• Afternoon Snack

- Granola bar and an apple

Top up your energy stores with lots of simple carbs and a little bit of protein! This is your last chance to put gas in your tank.

• Supper

- Chicken and vegetable stir fry with sauce over rice
- Glass of 2% milk

• Bedtime Snack

- 1 casein shake

Casein stops muscle breakdown overnight to maximize strength!

Eat to compete: 10 am

A small, high-carb snack before you compete may or may not work for you. If you have a sensitive stomach and/or ate a large breakfast, it's probably best to skip it.

If you have a fast metabolism and/or ate a small breakfast, use this snack to top up your gas tank.

Continue to focus on consistently giving your body lots of complex carbs and a moderate amount of protein. Don't forget to include fun foods too!

The MOST important piece of your diet is hydration! Drink lots of water and aim for plenty of light-coloured urine.

Weigh yourself before and after a workout – any weight lost is a sign of inadequate water intake!

- Breakfast
- Oatmeal made with 2% milk

- Morning Snack
- Yogurt drink or sports drink

- Lunch
- 1 peanut butter and jelly sandwich
- Grapes
- Carrots and hummus

- Afternoon Snack
- Cheese and crackers

- Supper
- Whole wheat pasta with meatballs and tomato sauce
- Green salad with dressing
- Glass of 2% milk
- Ice cream

- Bedtime Snack
- 1 casein shake

This is the most important meal of this day! Stick to lots of complex carbs and a little bit of protein and experiment with timing and quantities that give you energy without upsetting your stomach. If eating in the morning is a challenge, try something small like a banana or a piece of toast with jam.

Replenish your body's carb stores with lots of carbs and a moderate amount of protein. Re-fuelling is more important after longer events (30-60 minutes+).

Casein stops muscle breakdown overnight to maximize strength!