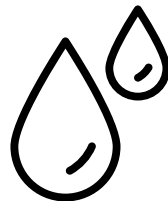


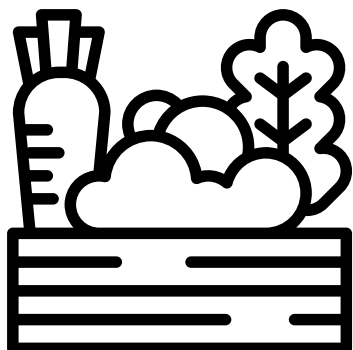
POST RACE RECOVERY HYDRATION + ELECTROLYTES

- Eat a meal that contains a good source of protein, high fiber carbohydrates and healthy fats to help your body properly recover.
- Enjoy yourself and your accomplishments and remember that moderation is key.
- Drink ~16oz of fluid 30 minutes before exercise and at least 8oz every 15 minutes during exercise.
- Plain water is ineffective at restoring hydration status as it does not replace electrolytes.



RECOVERY FUEL

- Veggie Omelette + Whole Wheat Toast + Fruit
- Grilled Chicken with Roasted Broccoli, Carrots, and Sweet Potatoes
- Rice Bowl with Beans, Cheese, Salsa, Avocado + Whole Grain Tortilla Chips



Instead of reaching for a sports drink try one of these electrolyte containing foods/fluids post workout:

- Chocolate Milk
- Bagel + Peanut Butter
- Olives
- Leafy Greens
- Celery
- Dried/Fresh Fruits
- Avocado
- Yogurt
- Nuts

FUELING FOR RACE DAY



IN PARTNERSHIP WITH
THE REGISTERED
DIETITIANS OF

NUTRITION
RITES

THE NIGHT BEFORE

- Good nutrition starts well before race day. What you eat the night before can play a big role in how well you perform.
- Stick to a dinner that is low in fiber and fat. Avoid leafy veggies and any veggies that are known to cause gas/bloating. Simple carbs (white bread, white rice, white pasta)+ lean protein should be the highlight of your meal.

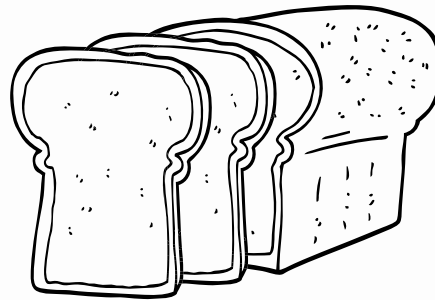
MEAL IDEAS

- 4oz Skinless Chicken + 2 cups Rice+ 1/2 cup Sliced Carrots
- 2 cups Pasta + 1/2 cup Ground Turkey+ 1/2 cup Marinara Sauce + 1/2 cup Zucchini
- Turkey or Salmon Burger on White Bun+ 1/2 cup Green Beans + 1 Potato with no skin
- 2 slices Margherita Pizza



BREAKFAST

- Start your day off with a balanced breakfast! You will have multiple options to refuel so don't be tempted to eat a large or heavy breakfast as this could cause an upset stomach and actually hinder performance.
- Carbs are your body's preferred source of energy and are key to keeping you energized.



MEAL IDEAS

- 2 Slices White Bread + 2 Tbsp Natural Peanut Butter + 1 Tbsp Honey with 1/2 cup 2% Greek Yogurt & 1/4 cup Fruit
- 1.5 cups Oatmeal + 1 Tbsp Brown Sugar + 1 oz Almonds + 1 Sliced Banana
- 1 Bagel + 2 Tbsp Reduced Fat Cream Cheese + 1/2 cup Fruit

DURING THE DAY

If you don't have at least 1 hour to let your meal digest opt instead for smaller snacks throughout the day.

LUNCH IDEAS

- Peanut Butter & Jelly on White Bread + Pretzels
- Turkey + Cheese Sandwich on White Bread
- Tuna & Crackers Kit + Orange

SNACK IDEAS

- Granola Bar (KIND, RX, Real Food Bar)
- Cheese Stick + Banana
- Raisins + Greek Yogurt
- Orgain Brand Shake
- Banana + Peanut Butter

