**FUELING FOR RACE DAY**

**POST RACE RECOVERY**

- 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**.

**HYDRATION + ELECTROLYTES**

- 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

**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