

FUELING FOR RACE DAY

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 the following day. 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.

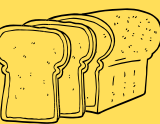
MEAL IDEAS

- 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 tsp 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

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.**



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

HYDRATION + ELECTROLYTES

- Drink ~16oz of fluid 30 to 40 minutes before exercise and at least 8oz every hour during race day.
- Plain water is ineffective at restoring hydration status as it does not replace electrolytes.



Instead of a sports drink try these electrolyte containing foods:

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