

# Pre-Competition Meal Guide

## Purpose

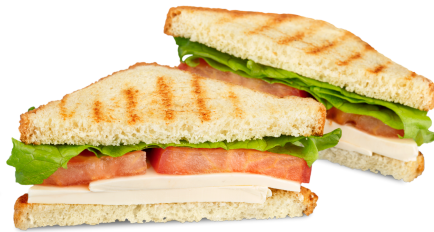
Pre-competition meals are important for keeping the athletes full and ensuring that they have adequate energy stores for their athletic event to optimize performance and decrease risk of injury. It is also important that the meal doesn't make the athlete so full that they feel sluggish and nauseous while competing. The pre-game meal does not replace the need for a fuel boosting snack within the few hours before activity. The timing and composition of the pre-competition meal are essential for optimizing athletic performance.

## Must be...

- ✓ High in carbohydrates
  - Preferably complex carbs and whole-grain
- ✓ Moderate in lean protein
  - Focus on the terms broiled, blackened, baked, roasted, or grilled
- ✓ Low in fat
- ✓ Optimally 3-4 hours before the competition
- ✓ Accommodating of dietary restrictions (vegetarian, gluten free, allergies, etc.)

## Avoid...

- ✗ The terms deep fried, battered, crispy, thick, or breaded
- ✗ Entrees (including salads, unwiches, etc.) that do not provide carbohydrates
- ✗ Very spicy foods
- ✗ Caffeinated beverages (soda, iced tea, coffee, etc.)
- ✗ Unfamiliar food for athletes



## Why?

The high carbohydrate content of the meal provides the best fuel for the athlete's muscles and brain. It is also important to have some protein circulating during the workout to start the muscle rebuilding process. Fat empties very slowly from the stomach and can cause GI distress during competition. Fat should be limited from the meal in order to leave more room for carbohydrates and protein which are more functional fuels for athletes before competition. By consuming the meal 3-4 hours before the event, athletes will be able to maximize their energy usage while avoiding a full stomach.

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# Post-Competition Meal Guide

## Purpose

The goals of post-competition meals are to rebuild energy stores, replenish fluids, and repair muscles. By consuming a properly structured meal after an intense athletic competition, athletes can ensure that they are helping their bodies recover and prepare for the next training session. The post-competition meal does not replace the need for a recovery snack within 30 minutes after activity.

## Must be...

- ✓ High in carbohydrates
  - Preferably complex carbs and whole-grain
- ✓ High in lean protein
  - Focus on the terms broiled, blackened, baked, roasted, or grilled
- ✓ Low in fat
- ✓ Served with a rehydration beverage
  - Ex. Water or Gatorade
- ✓ Within 2 hours after competition
- ✓ Accommodating of dietary restrictions (vegetarian, gluten free, allergies, etc.)

## Avoid...

- ✗ The terms deep fried, battered, crispy, thick, or breaded
- ✗ Entrees (including salads, unwiches, etc.) that do not provide carbohydrates



## Why?

Carbohydrates help to replenish the athlete's glycogen stores so they are energized for the next workout, and the high protein load provides fuel for muscles to repair and rebuild. Saturated fats, found in high fat meats, dairy, and fried foods, promote inflammation and decrease the athlete's ability to recover, so these foods should be limited in the meal. Rehydration beverages such as water or Gatorade assist the athlete in replacing the fluid and electrolytes lost through sweat. Muscles are the most receptive to recovery within 2 hours after activity, so it is important to consume the post-competition meal in that time period to maximize muscle repair.

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# Competition Restaurant Guide - ERHS



1775 Radio Dr, Woodbury, MN 55125  
(651) 264-0010

## Fuel Boosting Menu Items:

- Roasted Turkey & Avocado BLT
- Toasted Frontega Turkey Sandwich
- Napa Almond Chicken Salad Sandwich
- Toasted Steak & White Cheddar Sandwich
- Turkey Chili & Side of Bread
- Homestyle Chicken Noodle Soup & Side of Bread



365 Radio Dr Suite E, Woodbury, MN 55125  
(763) 277-4521

## Fuel Boosting Menu Items:

- Turkey Cranberry & Brie Sandwich
- Pesto Chicken Sandwich
- Turkey Avocado Club
- Any Protein Bowl
- Sides: Fruit Cup, Rice Crispy Marshmallow Bar



7455 Currell Blvd, Woodbury, MN 55125  
(651) 738-2222

## Fuel Boosting Menu Items:

- Spaghetti and Meatballs
- Pesto Cavatappi with Chicken
- Grilled Orange Chicken Lo Mein
- Pad Thai with Chicken or Shrimp
- Sides: Fruit Cup, Rice Krispy Bar



7455 Currell Blvd, Woodbury, MN 55125  
(651) 738-9366

## Fuel Boosting Menu Items:

- Burrito or Burrito Bowl with:
  - Brown rice
  - Chicken or Steak
  - Beans
  - Lettuce
  - Pice de Gallo
  - Avoid spicy toppings

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# Competition Restaurant Guide - ERHS



345 Radio Dr Ste A, Woodbury, MN 55125  
(651) 734-9681

## Fuel Boosting Menu Items:

- Impossible Fajita Bowl
- Chicken Protein Bowl
- Burrito or Bowl with:
  - Brown rice
  - Adobo chicken or steak
  - Beans
  - Avoid spicy toppings



7774 Hargis Pkwy #118, Woodbury, MN 55129  
(651) 458-0034

## Fuel Boosting Menu Items:

- #1 The Pepe
- #2 Big John
- #4 Turkey Tom
- #8 Billy Club
- #10 Hunters Club
- #11 Country Club
- #12 Beach Club
- #13 Jimmy Cubano
- #14 Bootlegger Club
- #16 Club Lulu

Pair sandwiches with fruit & sports drink!



7455 Currell Blvd #102, Woodbury, MN 55125  
(651) 735-3148

## Fuel Boosting Menu Items:

- #3 Ham and Provolone
- #7 Turkey and Provolone
- #6 Roast Beef and Provolone
- #8 Club Sub
- Portabella Chicken Steak Sub

Pair sandwiches with fruit & sports drink!



7230 Valley Creek Plaza, Woodbury, MN 55125  
(651) 735-1308

## Fuel Boosting Menu Items:

- Avo Turkey Sandwich
- Chicken Club Sandwich
- Mediterranean Sandwich
- Turkey Breast Sandwich
- Grilled Chicken Sandwich
- PB and J Sandwich

Pair sandwiches with fruit & sports drink!

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