Nutrient Timing: Pre-Workout

Fuel with **Carbohydrates**

Focus on carbohydrates

- Your body and brain rely on carbohydrates for fuel
- Supply your body with enough carbohydrates pre-workout to prevent mucle breakdown and fatigue

Goal: aim for 30-60 g carbs 30-60 minutes before workout

– **Quick energy carbs:** applesauce, fresh fruit, dried fruit, sports drinks, energy chews, white rice, white bread, potatoes

– **Carbs for fuel storage:** oatmeal, whole wheat cereals, whole grain bread, brown rice, quinoa, whole wheat pasta

1-2 Hours Before Workout

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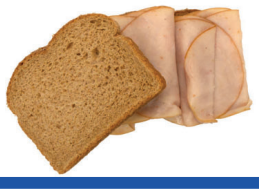

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< 30 Mins Before Workout

or

Nutrient Timing: Post-Workout

Rebuild Muscles with **Protein**

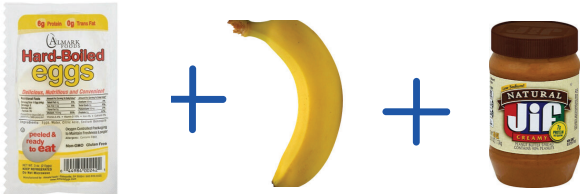
Focus on protein

- Protein helps rebuild muscle and speed up recovery after workouts
- **30-45 mins** after workout: aim to refuel with high protein + moderate carbohydrate rich meal. If it is not possible to eat a meal within this time frame, aim for one of these post workout snacks

Goal: 20-30 g protein post workout

– **High quality protein sources:** chicken, red meat, turkey, pork, milk, eggs, and fish

30-45 Minutes Post Workout Snacks



SANFORD SPORTS

Your Perfect Fueling Day

WAKE UP!	• BREAK the FAST • Lean protein + complex carbs
AFTER MORNING WORKOUT	• • Grab a quick snack to refuel & recover Try: Chocolate milk + fruit
LUNCH	• Balanced meal with protein + complex carbs for lasting energy at later practices • Consume 50% of daily needs by the end of lunch
BEFORE AFTERNOON PRACTICE	• Sustain performance with high energy snacks • Grab a quick carbohydrate snack immediately before practice
IMMEDIATELY AFTER PRACTICE	• Key recovery time • Maintain muscle and strength with a balance of proteins and carbohydrates
DINNER	• Balanced meal with lean proteins, whole grains, fruits and vegetables
EVENING SNACK	• Early dinner? Enjoy a light, healthy snack such as fruit, beef jerky, or yogurt • Add a snack for weight gain as needed

SANFORD SPORTS

Performance Nutrition

Your Performance Nutrition Prescription

PRE-PERFORMANCE (4 HOURS)

MEAL:

- High Carb
- Moderate Protein
- Low Fat
- Fluids

EXAMPLE:
Pasta, chicken breast or marinara with ground meat, whole wheat bread, fruit, small salad, water or Gatorade

PRE-PERFORMANCE (2 HOURS)

SNACK:

- High Carb
- Moderate Protein
- Low Fat
- Fluids

EXAMPLE:
Turkey sandwich with mustard, fruit, water or Gatorade

PRE-PERFORMANCE (IMMEDIATELY BEFORE)

SNACK:

- High Carb
- 8 oz fluid

EXAMPLE:
Pretzels and water or Gatorade

DURING PERFORMANCE (MORE THAN 1 HOUR)

SNACK:

- High Carb
- Fluids

EXAMPLE:
Fruit and Gatorade

POST-PERFORMANCE (RECOVERY)

MEAL:

- High Protein
- Moderate Carb
- Fruit/Veggies
- Healthy Fats
- Fluids

EXAMPLE:
Grilled Chicken, potatoes, whole wheat bun, broccoli, water or Gatorade
OR
Muscle Milk, whole wheat toast with peanut butter, banana, water or Gatorade

*Sport drink needs depend on amount of sweat lost, body composition goals, training duration and intensity