

PRE-GAME FUEL

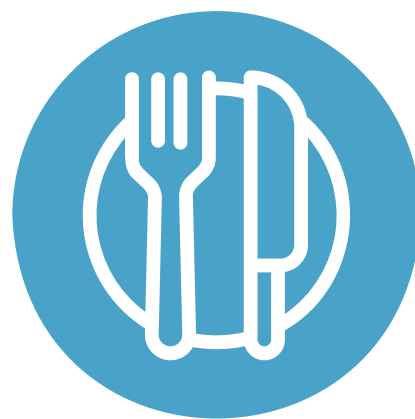
WHAT SHOULD I EAT TO PERFORM MY
BEST FOR A WORKOUT OR GAME?

2-3 HOURS BEFORE

A full meal with protein and carbs! (e.g. Chicken & Rice Bowl, Egg Sandwich, etc...)

LESS THAN AN HOUR BEFORE

A small, carb rich snack (e.g. fruit, granola bar, pretzels, etc...)



PRIORITIZE FOODS THAT WILL LEAVE YOU FEELING
FULL WITHOUT UPSETTING YOUR STOMACH