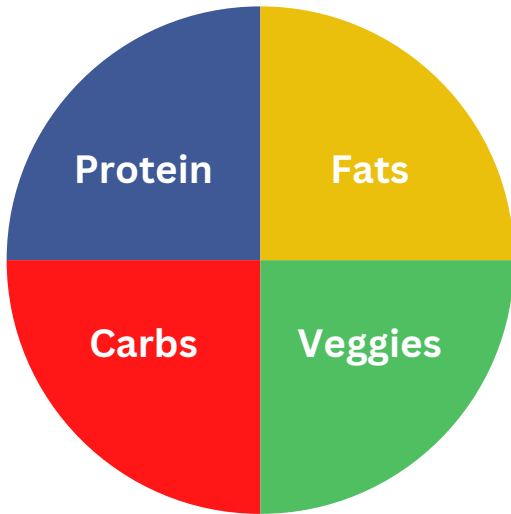


HOW TO BUILD YOUR PLATE



FILL 3 MAIN MEALS WITH 1 FROM EACH CATEGORY.

FILL SNACKS WITH PROTEIN, VEGGIES, CARBS & FATS RESPECTIVELY

PROTEIN

- Chicken Breast (Skinless)
- 93+% Lean Turkey Breast
- 93+% Lean Ground Beef
- Bison Burger
- Venison
- Pork Tenderloin
- Any White Fish
- Any Shellfish
- Egg Whites (Carton or Egg)
- 0% Fat Cottage Cheese
- 0% Greek Yogurt
- Tuna

FATS

- Peanut Butter
- Almond Butter
- Coconut Oil
- Grass Fed Butter
- Olive Oil
- Avocado
- Any Nuts
- Coffee Creamer
- Any Cooking Oils (Not Vegetable or Canola)

CARBS

- Sweet Potatoes
- Red Potatoes
- Any Beans or Legumes
- Brown Rice
- White Rice
- Ezekiel Bread
- Rolled Oats
- Any Berries
- Quinoa
- Fruit

VEGGIES

- ANY and ALL!**
- Aim for Mostly Green & Leafy Veggies

HYDRATE!

GENERAL RECOMMENDATIONS

9 CUPS OR 85 OZ. OF WATER PER DAY



PRE-GAME



2-3 HOURS BEFORE: 15-20 OZ.



30-45 MIN. BEFORE: 8-10 OZ.

IN-GAME



5-10 OZ. EVERY 10-20 MINUTES

TAKE A DRINK EVERY INNING

POST-GAME

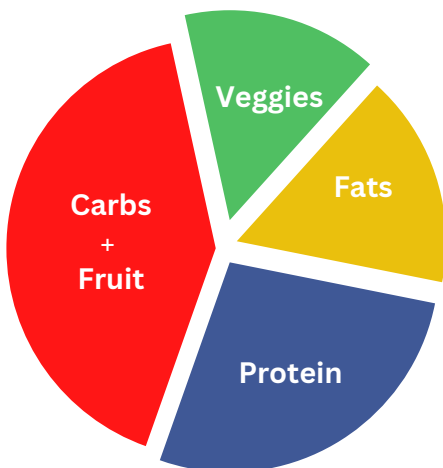
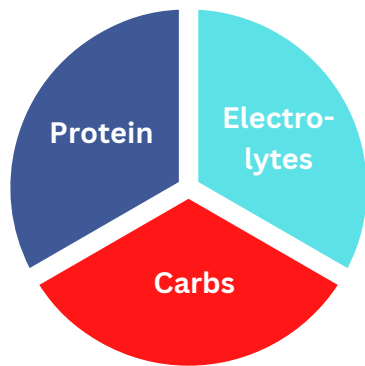
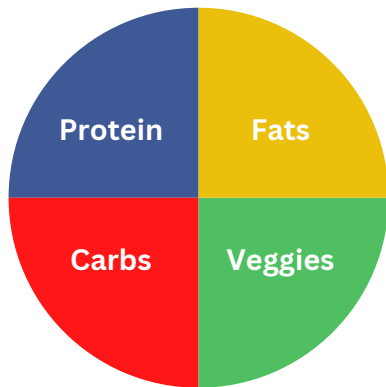


8-10 OZ. 30 MINUTES POST GAME

START DURING YOUR POST-GAME CHAT

HOW TO FUEL FOR GAME DAY

IT ALL STARTS BEFORE YOU STEP ON THE FIELD.



PRE-GAME

In the days before aim for balanced, high-quality meals.

On the day of your goal is to eat protein, carbs, fruits and veggies.

BETWEEN GAMES

A quick re-stock of fuel sources.

Aim for:

- Fruits & Veggies
- Sandwiches
- Granola Bars

The goal is protein, carbs & electrolytes.

POST GAME

Your last line of defense for preventing against:

- Fatigue
- Soreness
- & Low Energy

Aim for a lean protein source, veggies, fruit + 1 additional carb, and a small serving of healthy fats.