

FOOTBALL POWER MEALS

PRE-WORKOUT SUGGESTIONS

PROTEINS

- Lean protein - Grilled chicken, turkey, or fish
- Eggs
- Beef
- Steak
- Turkey sandwich
- Fish - Salmon, Cod, Talapia, Tuna
- Protein shake (20g+ per serving)

CARBS

- Quick Oats
- Rice
- Potatoes
- Beans & legumes

PRO TIP

The big points of focus close to game time - **Carbs** and **water**. This is a great time to 'top off' energy stores. Always add veggies!

FATS

- Cottage Cheese
- String cheese
- Yogurt
- Nuts and nut butter

PRO TIP

Avoid eating high-fat foods before a game, they slow down digestion, cause stomach discomfort and interfere with energy.

HALF-TIME SNACKS FOR PERFORMANCE

INTRA-WORKOUT SUGGESTIONS

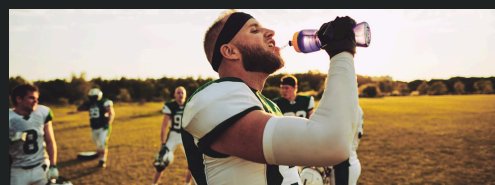
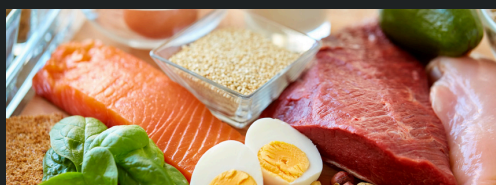
- Lärabars
- RxBars
- CLIF Bars
- Fruit
- Peanut butter & jelly sandwich
- Bagel with butter, honey
- Sports drink- Gatorade, Prime, etc
- Protein balls/bars
- Pretzels
- Sports energy chews
- Nuts
- Beef Jerkey

PRO TIP

When you have 30 minutes or less before your game, focus on quick-digesting carbs and hydration. (Sweet tart cherry juice and beet juice are great.)

MAKE IT A HABIT

Eat substantial meals with plenty water. An athlete's plate should be half carbs, a quarter protein, and a quarter veggies.



Paloma VALLEY

H I G H S C H O O L

- To optimize performance, it is crucial for football players to have a well-designed sports nutrition meal plan. One key strategy is to prioritize regular meals throughout the day. Athletes should begin their day with a nutritious breakfast, even on the go. Additionally, consuming balanced snacks, lunch, and dinner will support their recovery and enhance their ability to meet the demands of practice and games.
- When preparing meals, here are some suggestions for high-protein options in the protein list, carbohydrates from the carb list, and fat options in the fat list. please add vegetables to create a complete meal beneficial for nutrients for performance.
- During intense physical activities, such as football games, it is essential to pack high-protein snacks and hydrate adequately in hot conditions. Sports drinks like Gatorade and other electrolyte-rich beverages are ideal for replenishing electrolytes. These drinks help athletes maintain hydration levels.
- Furthermore, athletes should be aware of snack options that can be consumed at halftime or during breaks. These snacks can provide additional energy and nourishment to support their bodies during workouts and games.

