



# EATING FOR PERFORMANCE!



## How can we turn **food** into the **fuel** that we need for 2Ks, faster pieces, and stronger races?

### RACE DAY 3 HOURS BEFORE - MEAL

**Do Eat:** Carbohydrates! Some Protein!  
Pancakes, Hashbrowns/potatoes & Eggs, Pasta, Granola/Protein Bar, Hummus, Chicken Wrap, Bagels, Yogurt & Granola

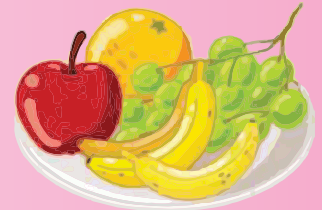
**Limit:** Too much protein and fat!  
Nuts, Cheese, Fried Foods or Desserts



### LESS THAN 1 HOUR BEFORE - SNACK

**Do Eat:** 'Quick Carbs'  
Fruit (banana, apple, orange), Gatorade, Toast & Jelly, Dried Fruits, Pretzels

**Limit:** Too much protein and fat!  
Nuts, Cheese, Fried Foods or Desserts



### POST WORKOUT/RACE - SNACK OR MEAL

**Snacks:** Granola/Protein Bar, Fruit, Yogurt, Chocolate Milk, Hummus & Veggies, PBJ Sandwich

**Meals:** Wraps, Pasta, Sandwiches/Subs Hearty Salad (with proteins, grains, nuts)

EAT WHAT YOU'RE USED TO! If these specific foods are not available, that's okay too! Just remember to eat!

**\*\*Desserts are okay! But won't provide the best fuel or recovery from your race\*\***