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AFTERNOON WORKOUT FUELING SCHEDULE

Athletes that train in the afternoon have an eating advantage simply because they have had more opportunities to eat throughout the day. The goal is to eat multiple meals and snacks throughout the day starting with breakfast, so the body is well-fueled by the time afternoon practice comes along.

For athletes with this schedule, lunch is their pre-workout meal, and crucial for getting their bodies ready to train. Filling up on fried foods and sugary drinks for lunch is not beneficial to training goals.

The goal of a pre-workout meal and snack is to provide your body with the fuel and hydration it needs to get to and through a workout.

The pre-workout meal should be:

- Rich in complex carbohydrates
 - » Think whole grain bread, quinoa, or brown rice
- Moderate in lean protein
 - » Think lean beef, poultry, fish, or dairy
- Low in fat and fiber
 - » Think nuts and oils
 - » Think broccoli and cauliflower
- Consume plenty of fluids pre-workout, at least 16-20 oz
 - » Think water and sports drinks

Pre-game foods to avoid:

Spicy foods, garlic, creamy foods, fried foods, and other food that might cause individual gut distress

Depending on lunch time, it is possible you might also need to consume a pre-workout snack 30 minutes to one hour before training. If your lunch is closer to practice, a snack may not be necessary.

The pre-workout snack should include:

- **Carbohydrates:**
This can be a combination of complex and simple carbohydrates to provide your body with long-lasting fuel as well as a burst of energy to start exercise.
- **Protein:**
This snack does not have to be as high in protein if it is close to the workout, as carbohydrate is the most important fuel right before exercise. However, adding cheese, peanut butter, or beef jerky to a snack can help stabilize your blood sugar and energy levels for the upcoming hours of training or competing.
- **Fluids:**
5-10 ounces of water or sports drink (or more, but at least this much)

PRE-WORKOUT SNACK IDEAS

Beef jerky and granola bar	Protein bar and fruit
Beef jerky, pretzels, and fruit	Granola bar, cheese, and fruit
Cheese, whole grain crackers, and fruit	Peanut butter filled pretzels and fruit
Granola with nuts and seeds	Peanut butter and banana sandwich on whole grain bread
Half turkey and cheese sandwich on whole grain bread and fruit	Half peanut butter and jelly sandwich on whole grain bread, fruit, and beef jerky

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Post-workout, athletes should consume a snack as soon as possible containing carbohydrates, high-quality protein, and fluid. Smoothies made with milk, yogurt, and fruit, low-fat chocolate milk, or protein bars and sports drinks are all fantastic options for an immediate post-workout snack.

Dinner will help continue the recovery process.

This fueling schedule will guide you on how to fuel for an afternoon practice, conditioning, or lifting session.

SAMPLE GAME DAY FUELING SCHEDULE

Time	Meal	Example
6:00 – 8:00 am	Breakfast	Scrambled eggs with ground beef and veggies, whole grain toast with jam, banana, and milk
10:00 – 10:30 am	Mid-morning Snack	Grapes and cheese
12:30 – 1:30 pm	Lunch	Whole grain wrap with lean protein, avocado, and veggies, blue corn chips, baby carrots, and string cheese
3:30 – 4:00 pm	Pre-workout Snack	Granola bar and beef jerky
4:00 – 5:30 pm	Workout	Water/sports drink
Within 45 minutes	Post-workout Snack	Milk and banana
6:00 – 8:00 pm	Dinner	Whole grain pasta with beef and marinara sauce, salad, fruit, and milk
9:00 – 9:30 pm (optional)	Evening Snack	Apple and peanut butter

