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MORNING WORKOUT FUEL SCHEDULE

Athletes that train in the morning need to fuel and hydrate their bodies before training as well as after working out, before they go to school.

Breakfast or “breaking the fast “ is essential pre-workout, but many athletes don’t wake up in time to eat a full breakfast and let it digest before they start running, jumping, and lifting. So, providing athletes with a dense, balanced snack of carbohydrates and protein with fluid can help provide energy to jumpstart an early morning workout.

The type, intensity, and duration of a training session dictates what type of snack and how much you should ideally consume. Lighter, shorter workouts don’t demand the same amount of energy as longer, more intense workouts.

Shorter cardio/conditioning workouts:

- Typically carbohydrate and fluid can fuel a lighter workout
- Easy-to-digest foods are ideal to help reduce gut distress
- Consume at least 16-20 ounces water or sports drink
- Simple carbohydrate snacks include:
 - » Granola bars, dry cereal, bagel, banana, etc.

Longer, more intense workouts or heavier weight training:

- More intense workouts benefit from a snack of protein and carbohydrate to help stabilize blood sugar for a longer duration
- Easy-to-digest foods are ideal, but you might be able to consume a little more food if the workout is centered around weight lifting versus conditioning
- Consume at least 16-20 ounces water or sports drink
- Carbohydrate-protein snacks include:
 - » Energy bar with carbohydrates and 10-15 grams of protein
 - » Beef jerky trail mix made with granola, dried fruit, and nuts
 - » Peanut butter and jelly/banana sandwich on whole grain bread

If you have a morning practice and can't go home to eat a complete breakfast before school starts, bring a Brown Bag Breakfast to refuel after practice. There are lots of nutritious, shelf-stable foods that can go in a gym bag to help you fuel before class.

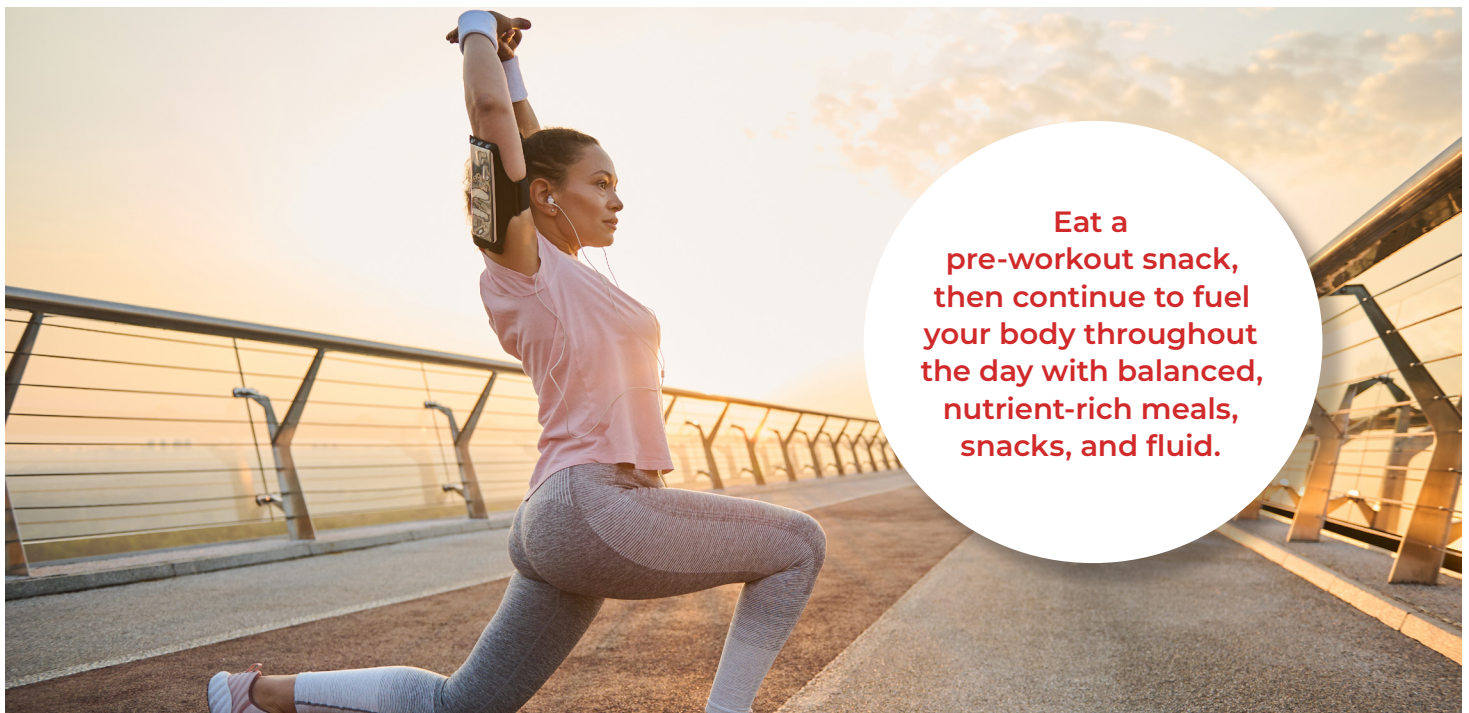
Top 10 Brown Bag Breakfasts

1. Beef jerky, baggie of whole grain granola and nuts, and banana
2. Hard-boiled eggs*, whole grain granola bar, peanut butter to-go cup, and apple slices
3. Whole grain blueberry muffin, almond butter squirt packet, strawberries, and hard-boiled eggs*
4. Beef jerky trail mix made with nuts, seeds, dried fruit, and granola with milk from cafeteria
5. Whole wheat tortillas with peanut butter, banana, and honey paired with trail mix
6. Oat-based granola bar, pistachios mixed with dried fruit, banana, and milk from cafeteria
7. Whole grain bagel with peanut butter or cream cheese, fruit, and beef jerky
8. Ready-to-drink protein shake with an apple and peanut butter to-go cup
9. Pre-made energy bites made with oats, honey, peanut butter, protein powder, and your favorite nuts, seeds, and dried fruit paired with grapes and chocolate milk from cafeteria
10. Protein bar, fruit, baggie of whole grain granola, and milk from cafeteria

*If temperature does not exceed 70 degrees, item should be consumed within 4 hours - www.servsafe.com

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TIME	MEAL	EXAMPLE
5:00 – 6:00 am	Pre-workout Snack	Banana and water/sports drink
6:00 – 7:30 am	Workout	Water/sports drink
Within 45 mins	Post-workout Snack	Chocolate milk
7:30 – 8:30 am	Breakfast	Oatmeal with peanut butter, berries, eggs, and milk
10:30 am (optional)	Mid-morning Snack	Apple and string cheese
12:30 – 1:30 pm	Lunch	Deli meat, cheese, and veggie sandwich, fruit, yogurt, and whole grain crackers
3:30 – 4:30 pm	Mid-afternoon Snack	Hummus with veggies and pistachios
6:00 – 8:00 pm	Dinner	Beef kabobs with roasted potatoes, salad, and fruit
9:00 – 9:30 pm (optional)	Evening Snack	Strawberries with yogurt



Eat a pre-workout snack, then continue to fuel your body throughout the day with balanced, nutrient-rich meals, snacks, and fluid.