

## PLANNING PRE-GAME MEALS ON-THE-GO

Pre-game meals are designed to provide athletes with long-lasting fuel to get them to and through a game or competition. Ideally this meal should be provided 2 to 4 hours before the game, competition, or event so athletes can eat enough fuel and have time for it to digest.



### 10 Tips to Shape a Pre-Game Plate:

1. Make half of the plate complex carbohydrate
2. Make one-fourth of the plate protein (baked or grilled)
3. Make one-fourth of the plate an easy-to-digest vegetable
4. Add a side of fruit
5. Avoid high-fat foods like fried foods, creamy sauces, and desserts
6. Avoid spicy and garlicky foods
7. Include plenty of fluids including water and sports drinks
8. Have salt available to salt foods for extra electrolytes
9. Include familiar foods; don't try new foods at pre-game meals
10. If you have athletes with a finicky stomach, have smoothies or plain sandwiches available

### Sample Pre-Game Meals:

- Scrambled eggs, whole grain bagel with 100% fruit jam, beef sausage, and fruit
- Breakfast sandwich (eggs, cheese, and sausage) with yogurt, fruit, and granola parfait
- Steak or roast, potatoes, green beans, cold pasta salad, fruit, and wheat roll
- Fish, brown rice, green salad with vinaigrette dressing, fruit, and wheat roll
- Grilled chicken, pasta with marinara sauce, fruit, salad, and breadsticks
- Whole grain sandwich (deli roast beef, lettuce, tomato, avocado) with fruit and pretzels

Whether you are planning a pre-game meal as a booster club or a restaurant on-the-road, here are a few ideas to provide for the meal:

#### Carbohydrate options

- Pasta with marinara sauce or light butter sauce
- Baked, roasted or, mashed potatoes/sweet potatoes
- Rice, rice pilaf, broccoli rice casserole
- Oatmeal, grits, cereal

#### Best Easy-to-Digest Vegetable Options

- Green beans
- Carrots
- Squash and zucchini
- Salad

#### Protein Options

- Beef
- Meat sauce for pasta
- Lean hamburger
- Fish
- Chicken
- Eggs

#### Bread Options for Extra Carbohydrate

- Whole wheat and white rolls
- Breadsticks
- Cornbread
- Toast, bagels, English muffins, tortillas