

## Event Nutrition Plan

	<u>Carbs</u>	<u>Protein</u>	<u>Fluid</u>
2-3 hours Prior	<p>High Carb Meal 60 to 90 carbs</p> <ol style="list-style-type: none"> <li>1. Bagel/English Muffin with peanut butter and banana</li> <li>2. French toast with maple syrup and skim milk</li> <li>3. Hot/Cold cereal with low fat milk and fruit</li> <li>4. Fruit smoothie with low fat milk</li> <li>5. Energy bar (clif/power bar) and fruited yogurt</li> <li>6. Bacon, egg and cheese on a bagel</li> </ol>	Moderate Protein	<p>16-20oz</p> <ol style="list-style-type: none"> <li>1. 50:50 Sports drink/water</li> <li>2. Sports Drink</li> <li>3. 8oz Juice</li> </ol>
30-60min Prior	<p>Smaller Carb Snack 20-40g</p> <ol style="list-style-type: none"> <li>1. Fruit snacks</li> <li>2. Banana</li> <li>3. Sports gel (Gu/Powergel)</li> </ol>	Not needed	<p>8-12oz</p> <ol style="list-style-type: none"> <li>1. Water</li> </ol>
During	<p>High Carb 30 to 60g/hr</p> <ol style="list-style-type: none"> <li>1. Sports Drink</li> <li>2. Sports gel</li> </ol>	Not Needed	<p>16-24oz/hr</p> <ol style="list-style-type: none"> <li>1. Sports Drink</li> <li>2. Water</li> </ol>
15min-1hr After	<p>High Carb Liquid 40-80g</p> <ol style="list-style-type: none"> <li>1. Gatorade Recovery 3 series</li> <li>2. Ensure</li> <li>3. Chocolate Milk</li> <li>4. Boost</li> </ol>	Moderate Protein	<p>20oz/lbs of weight lost</p> <ol style="list-style-type: none"> <li>1. Water</li> </ol>
1-3hrs After	<p>High Protein Meal/Snack 60-90g</p> <ol style="list-style-type: none"> <li>1. Bagels</li> <li>2. PB + J</li> <li>3. Pretzels</li> <li>4. Golfish/Cheezits</li> <li>5. Energy Bars (clif/power bar)</li> </ol>	Moderate Protein	<p>20-24oz</p> <ol style="list-style-type: none"> <li>1. Water</li> </ol>

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