



Wendy Sterling, MS, RD, CSSD

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## FULL DAY FUELING SCHEDULE

### BREAKFAST: *Choose one*

- Oatmeal with nuts, milk, yogurt, fruit
- Greek yogurt parfait with granola, berries, OJ
- 2 slices toast, eggs, pear, milk, avocado
- Egg omelet, hash browns, apple, yogurt
- Cereal, milk, yogurt, ¼ cup nuts
- Toast x 2 with peanut butter, milk, banana

### MID- MORNING SNACK: *Choose one*

- Fruit
- Yogurt
- Almonds
- String cheese

### 12:30: LUNCH, Pre Workout *Choose one*

- Turkey and cheese sandwich + fruit + 1/3 c trail mix or granola bar
- Whole grain bagel with peanut butter + Yogurt + Fruit
- Vegetarian: salad with 1c beans, + Soup with rice + tofu, dressing
- Spaghetti and Meatballs, minestrone soup + 16 oz. milk
- Ham Sandwich + Apple + Greek yogurt + pretzels

### 2:30: “Top Off” Immediately Pre Workout *Choose one*

- Granola Bar: Cliff, Luna, Nature Valley
- Banana
- Handful Pretzels with salt
- Baked pita chips or chips
- Crackers: Triscuits, Wheat Thins etc.
- Smoothie
- ½ sandwich: ½ PBJ
- Handful trail mix with dried fruit/nuts

### DURING WORKOUT: 30 – 60 grams carbohydrates/hour *Choose one*

- 20 oz. Gatorade, Powerade etc (34 g)
- Skratch (21g), Nuun electrolyte tablets for water bottle
- Gel (25 g)
- Clif shot blocks (25-50 g)
- Gatorade Chews (4 = 31 g)
- ½ Bagel (35 g)



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- Banana (30 g)

RECOVERY STEP ONE: <30 min after practice *Choose one*

- Chocolate Milk and Banana
- Trail mix + Gatorade
- Apple + PB
- Greek yogurt + granola
- Smoothie
- Granola Bar + Fruit

RECOVERY STEP TWO: 1-2 hours later -> DINNER *Choose one*

- Chicken, rice, green beans, milk
- Burrito with meat, or beans
- Turkey Sandwich + yogurt + fruit
- PBJ + milk + fruit
- Fish + Couscous + Salad + broccoli
- Burger, avocado, salad/dressing, corn
- Pasta and meatballs, spinach
- Vegetarian choice: Tofu, rice, green beans with almonds, milk

EVENING SNACK: *Choose one*

- Yogurt + granola
- Cereal/milk
- Almonds + dark chocolate
- Rice cake + PB
- Milk + cookies