

General Nutrition & Hydration Guidelines for Performance & Health

Training Day:

- Follow balanced meals throughout the day with protein, fat, and carbs. DO NOT SKIP BREAKFAST.
- Shoot for 30-45 grams of carbohydrates **1 hour** before training each day.
- Stay hydrated with a minimum of 64-80 ounces of water daily.
- Have a snack of protein and carbs ready at least one hour after training.

Multi Game/Tournament Day Nutrition:

- Follow balanced meals throughout the day with protein, fat, and carbs. DO NOT SKIP BREAKFAST.
- Have easy digestible snacks on hand for between games (examples: bananas, applesauce packets, kids cliff bar, PB&J, wheat thins, pretzels).

Example Training Day:

Breakfast: 1 banana + 6 ounces Greek yogurt + berries

AM Snack: 1 cup cottage cheese + wheat thins

Lunch: 1 cup baby carrots + two slices whole wheat bread + 3-4 oz. turkey + 1 slice of cheese

PM Snack: 2 string cheese + Triscuits + ½ cup sliced cucumbers

Dinner: Follow athlete plate examples below



*These guidelines are based on performance and are general recommendations. For individualized nutrition recommendations or additional questions, please email beartoothnutrition@gmail.com

<p>Pre-Workout Snacks (30-45 grams carbs) – about 1-hour prior to training, practice, or games.</p> <p>1 medium or large banana or 3-4 cuties</p> 	<p>Post Workout Snacks (30-45 grams carbs + 30-45 grams protein) – ideally within 1 hour after training & Practice.</p> <p>1 medium or large banana + whey protein shake</p> 
<p>2 cups pretzels or one small bag</p> 	<p>2 cups pretzels + 2 string cheese</p> 
<p>1-2 kid's cliff</p> 	<p>1 kid's cliff + 6 ounces Greek yogurt</p> 
<p>1 cup dried mangoes</p> 	<p>1 cup dried mangoes + 1 cup cottage cheese</p> 
<p>1 slice of whole wheat toast + PB</p> 	<p>PB&J + 8 ounces milk</p> 

Bus Trip Snack List:

- Oberto Jerky individual packs
- Kids Cliff Bars
- RX bars
- String Cheese
- Dried Mangoes
- Cuties
- Bananas
- Apples
- Fair Life Protein Shakes

