



# GameDay Meal Plan

## **BREAKFAST: 2 1/2 HOURS BEFORE ACTIVATION**

- PEANUT BUTTER AND BANANA OATMEAL
- 8 OZ SMOOTHIE: PROTEIN, BERRIES, ORANGE JUICE
  - 1/2 CUP OF CEREAL AND YOGURT
  - 16 OZ SPORTS DRINK
- TOAST WITH NATURAL PEANUT BUTTER
  - 1/2 OF AN ENERGY BAR

## **PRE-GAME MEAL: (4 HOURS BEFORE KICKOFF)**

- 4 SERVINGS OF WHOLE GRAIN CARBOHYDRATES
  - 2 SERVINGS OF LEAN PROTEIN
  - 2-3 SERVINGS OF VEGETABLES
  - 1-2 SERVINGS OF FRUIT
  - 2-3 SERVINGS OF HEALTHY FAT
- 1 BOTTLE OF WATER

## **POST-GAME MEAL: WITHIN 1 HOUR OF THE FINAL WHISTLE**

- 20 OUNCES OF WATER PER LB LOST DURING GAME
- PROTEIN SHAKE (WEIGHT IN LBS / 2.2 MULTIPLIED BY 0.3)
- CARBOHYDRATES (WEIGHT IN LBS / 2.2 MULTIPLIED BY 1.2)

**\*EXAMPLE MEALS GATHERED FROM EXOS WEBSITE. CONSULT A NUTRITIONIST ABOUT YOUR DIETARY NEEDS**