



Game Day Performance Plate Guide

Game Day Performance Plate



- Purpose: ENERGY & FUEL for muscles and brain
- Use this plate for all 3 meals on game days or 2-a-day practices
- Use for anything greater than 2 hours of activity

• Eat 3-4 hours before game

• Focus on low fiber and low fat in pre-game meal



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PROTEIN	CARBS	PRODUCE
Breakfast: 2 eggs Lunch: chicken Dinner:	oatmeal rice & beans	fruit smoothie <u>fajita veggies</u> —
Breakfast: Lunch: Dinner:	· <u> </u>	

Game Day Performance Plate



PROTEIN	CARBS	PRODUCE
eggs chicken beef fish shrimp turkey peanut butter cow's milk cottage cheese	oatmeal rice & beans bread rice beans waffles pancakes all fruits potatoes tortillas	all fruits all vegetables
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This is not an exhaustive list of foods you could choose from. I've provided more blanks for you to fill in foods that you enjoy in these spaces!

WHEN should I eat?

Pre-workout snack >