

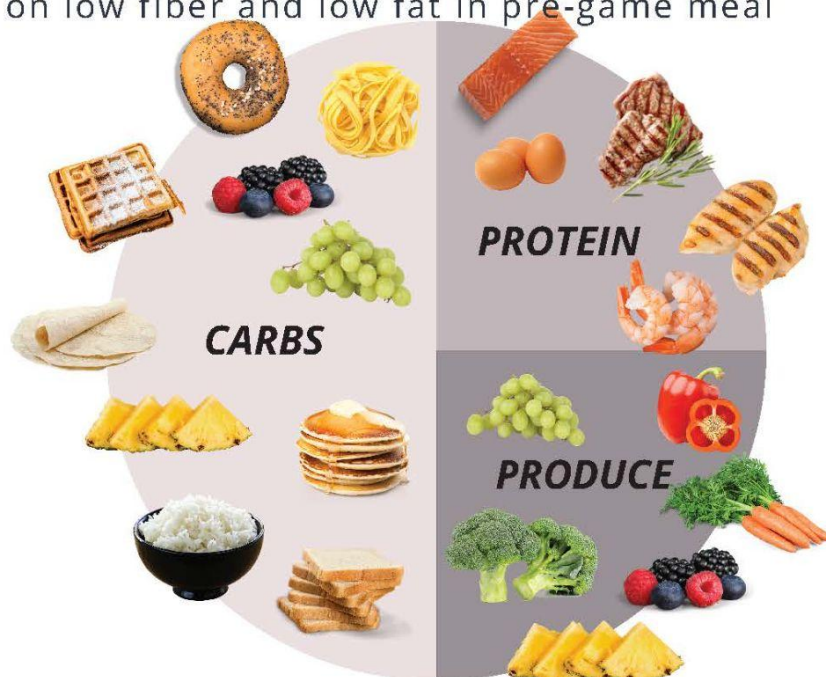


Game Day Performance Plate Guide

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



example



PROTEIN

CARBS

PRODUCE

Breakfast:	<u>2 eggs</u>	+	<u>oatmeal</u>	+	<u>fruit smoothie</u>
Lunch:	<u>chicken</u>		<u>rice & beans</u>		<u>fajita veggies</u>
Dinner:	<u> </u>		<u> </u>		<u> </u>
Breakfast:	<u> </u>	+	<u> </u>	+	<u> </u>
Lunch:	<u> </u>		<u> </u>		<u> </u>
Dinner:	<u> </u>		<u> </u>		<u> </u>

PRODUCE

all fruits
all vegetables

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WHEN should I eat?

Pre-workout snack >