

I TO WATCH YOU PLAY www.IHeartToWatchYouPlay.com



Game Day



FOOD GUIDE

THE BASICS

No Fried food, junk food, fast food, sodas or sweets prior to or immediately following a game.

BREAKFAST

Eggs, Oatmeal with fresh fruit, smoothie, whole wheat toast, cereal -Heart to Heart, Raisin Bran, yogurt with granola and fruit, whole grain bagel with cream cheese.



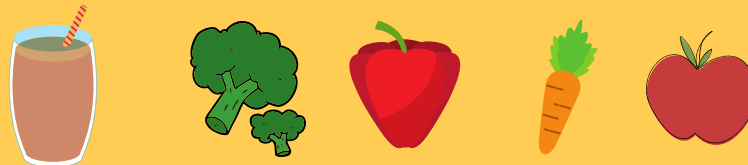
LUNCH

Whole grain pasta, whole grain crackers and cheese, lean real turkey meat, string cheese, PBandJ, fish, beans, whole grain bagel with cream cheese.



IN-BETWEEN GAMES

Almond butter/peanut butter on apples, raw veggies with hummus (bell pepper, carrot, cucumber, broccoli), nuts and seeds. Chocolate milk.



2
HOURS BEFORE
GAME

Drink 2 cups of water.



30
MINUTES BEFORE
GAME

Drink One Cup of water



Food is fuel your body runs on. It can give you an advantage in your game or rob you of your energy and focus.