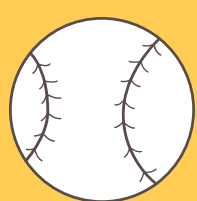


# I TO WATCH YOU PLAY



## Game Day



# FOOD GUIDE

### THE BASICS

No Fried food, junk food, fast food, sodas or sweets prior to or right after game. Big meal 3 hours before, light snack 1-2 hours before.

### BREAKFAST

Eggs, Oatmeal with fresh fruit, smoothie, whole grain 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, salad with protein.



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