

## ULTIMATE EDGE GAME DAY PLANNER

TIME	THINK ABOUT...	Food Choices examples...be creative!
7 am	Breakfast	English muffin w/ pb&j, milk, orange juice, fresh fruit, yogurt parfait, boiled eggs and toast, smoothie or breakfast shake, oatmeal
8 am	FLUIDS	juice, milk, low fat chocolate milk, smoothie, fruit shake, flavoured water or electrolyte drink (no plain protein drinks or energy drinks)
9 am GAME 1	Water between shifts & periods	
10 am	2:1 CARB:PROTEIN RATIO RECOVERY	Breakfast waffles and fruit, French toast and maple syrup, egg sandwich
11 am		
12 pm	Small meal/large snack	Energy bites, muffin & cheese, granola bar and chocolate milk, crackers & pb, veggies & hummus, ½-1 sandwich lean turkey & veg.
1 pm	FLUIDS	juice, milk, low fat chocolate milk, smoothie, fruit shake, flavoured water or electrolyte drink (no plain protein drinks or energy drinks)
2 pm GAME 2	Water between shifts & periods	
3 pm	2:1 CARB:PROTEIN RATIO RECOVERY	pasta w/ meat sauce, salad potato/meat/salad combo wrap, sandwich, sub w/ protein soup and sandwich smoothie with fruit, greek yogurt
4 pm		
5 pm	Small meal/large snack	Energy bites, muffin & cheese, granola bar and chocolate milk, crackers & pb, veggies & hummus, ½-1 sandwich lean turkey & veg.
6 pm	FLUIDS	juice, milk, low fat chocolate milk, smoothie, fruit shake, flavoured water or electrolyte drink (no plain protein drinks or energy drinks)
7 pm GAME 3	Water between shifts & periods	
8 pm	2:1 CARB:PROTEIN RATIO RECOVERY and <b><u>INCLUDE HEALTHY FATS</u></b>	pasta w/ meat sauce, salad w/ olive oil potato/meat/salad combo wrap, sandwich, sub w/ protein soup and sandwich, avocado dips & crackers smoothie with fruit, greek yogurt, healthy oil

\*\*no antioxidant supplements on high intensity training days, or the day after\*\*

Enter your game times and plan your game day nutrition.

	TIME	THINK ABOUT...	My Food Planner...
1 hr pre-game			
<b>GAME</b>			
1 hr post-game			
1 hr pre-game			
<b>GAME</b>			
1 hr post-game			
1 hr pre-game			
<b>GAME</b>			
1 hr post-game			