

# GAME DAY FUEL CARD

Proper fueling helps athletes maintain **energy, focus, recovery, and performance** from warmups through the final whistle.

## DAY BEFORE THE GAME

**Dinner:** Lean protein + carbohydrates

Examples: Chicken • Salmon • Lean ground beef • Ground turkey • Tofu

Carbohydrates: Rice • Pasta • Sweet potatoes • Potatoes

Add vegetables

**Evening Snack:** Fruit + yogurt or cottage cheese

**Hydration:** Drink water consistently throughout the evening.

## GAME DAY MORNING

**Balanced Breakfast Examples:**

Eggs • Oatmeal + fruit • Egg burrito • Orange + protein shake • PB&J; sandwich • Egg bagel with turkey + fruit

**Do not skip breakfast.**

## 3–4 HOURS BEFORE GAME

**Pre-Game Meal:** Protein + carbohydrates

Rice bowl with chicken • Pasta with lean protein • Turkey sandwich + fruit • Salmon, rice + vegetables • Pretzels + hummus

**Goal:** Build energy stores for competition.

## 60–90 MINUTES BEFORE WARMUPS

**Quick Snack:** Primarily carbohydrates with a small amount of protein

Banana • Fruit bar • Granola bar • Applesauce packet • String cheese + fruit • Greek yogurt parfait • Protein bar • Cottage cheese + pretzels • Bagel or toast with nut butter • Rice cakes with nut butter or jam • Whole grain bagel/toast/waffle • English muffin • Overnight oats with protein powder

**Goal:** Provide a quick energy boost.

## HALFTIME / BETWEEN PERIODS

Quick carbohydrates + hydration

Sports drink • Fruit slices • Fruit snacks or gummy snacks • Pretzels

## POST-GAME REFUEL (Within 30 Minutes)

Refuel with **protein + carbohydrates** to support recovery.

Protein shake + fruit • Chocolate milk • Greek yogurt + fruit • Protein bar + fruit • Bagel + honey or jam • Turkey bagel + fruit • Eggs + grapes • Applesauce + string cheese • Pretzels + fruit • Cottage cheese + cherries • Sports drink + Greek yogurt • Banana + protein shake • Tart cherry juice

## **GOAL**

Rebuild muscles, restore glycogen, and prepare the body for the next practice or game.