

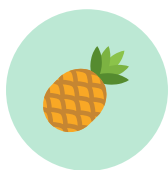
# Foods to eat during a tournament



## Energy

\*You have to plan your energy well during a tournament. Especially if you get a bad schedule. You need to watch eating too much protein during the tourney and carefully pick your proper foods for recovery.

Foods to eat in the morning before the game:



PINEAPPLE



WATERMELON



OATMEAL



TOAST



JUICE

These food are critical to helping you get going. They are a nice mix of complex carbs and simple carbs to help give sustained energy. Watch not to load up on protein in the am as it will take a bit for your body to break it down. Protein is great for muscle build and recovery but not energy.

### FOODS TO EAT RIGHT AFTER A GAME

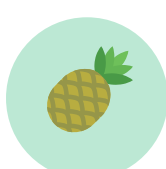
These foods will help deliver a flood of proper nutrients required for a fast recovery. Intaking some simple carbs right after a competition when you have another one looming in a few hours is the right way to go. The longer you wait to ingest carbs the longer your recovery will take. This can hurt your performance in future games.



STRAWBERRY



WATER



PINEAPPLE



BANANA



WATERMELON



GRAPES

These are a good source of carbs and energy to get back into you right after a game. TAKE WITHIN 15 MINUTES IF YOU CAN.



## Recovery

\*Watch food like these because they do hurt your ability to recover and can zap you of energy you might need for your games.



Milk is slow and hard to digest. Even chocolate milk.

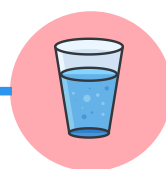


Yogurt. Part of the dairy family. Hold off until later before you eat it.

### Proper foods to sustain energy



APPLE

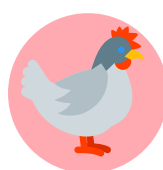


WATER

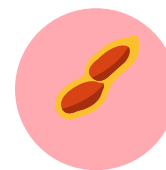


ENERGY

### PROPER CHOICES AFTER THE LAST GAMES OF THE DAY



CHICKEN



NUTS



AVACADO



SPINACH



MUSHROOM



PASTA

After the last game of the day. That is the time to intake your proteins and essential fats. This will help your muscles repair and gear up your energy reserves for the next day. Remember to intake your fruits just after the competition and then the foods above later in the day for your proper recovery. THESE ARE ONLY RECOMMENDATIONS YOU ARE FREE TO DO WHAT YOU WANT. TRY THESE THOUGH AND SEE WHAT YOU THINK.