



AFA

FUEL YOUR WORKOUT

SPORTS NUTRITION GUIDE

BEFORE

HIGH-CARB

- + FRUITS
- + OATS
- + BROWN RICE



LOW-PROTEIN

- + GREEK YOGURT
- + EGGS

DURING

NO FOOD



QUICK CARBS

- + FRUIT SNACKS
- + FRUIT JUICE
- + SPORTS DRINK

AFTER

HIGH-CARB

- + PASTA
- + SWEET POTATOES
- + BREAD



HIGH-PROTEIN

- + FISH
- + CHICKEN
- + BEEF



ELECTROLYTES

- + SODIUM
- + POTASSIUM
- + MAGNESIUM
- + CALCIUM

REMEMBER:

PRIORITIZE SLEEP STAY HYDRATED UTILIZE SUPPLEMENTS

