

SHOCKER TRACK CLUB SNACKS

Energy. Focus. Quickness.



PRE-PRACTICE OR MEET

HOUR OR LESS BEFORE

- Banana
- Orange
- Applesauce
- Granola Bar
- Fruit Bar
- Dried Cereal
- Pretzels
- Raisins
- Fruit Snacks

HOUR OR MORE BEFORE

- 1/2 Sandwich
 - Peanut Butter & Jelly
 - Deli Meat
- Yogurt & Fruit
- Fruit Smoothie
- Pretzels & Dried Fruit or Nuts
- Cheese/Peanut Butter Crackers
- Whole Grain Cereal & Milk
- Crackers & Jerky
- Toast & Egg

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RECOVERY FUEL

rehydrate

Encourage your athlete to drink fluids with and in between meals. Drink plenty after workouts!

refuel

Replenish energy stores by eating as soon as possible after workouts, whether as a snack or meal.

repair

Build & repair muscle by including a source of protein in the snack or meal.

rest

Sleep! Nutrition is important, but there is more to recovery. Encourage 8 hours of sleep per night.

- Chocolate Milk
- Greek Yogurt Smoothie
- Turkey & Cheese Sandwich
- Protein Bar
- Scrambled Egg Burrito
- Trail Mix
- Cheese/Peanut Butter Crackers
- Greek Yogurt Parfait
- Crackers & Tuna/Salmon Packet