



# Eating for Competing

Before a normal school day: **Breakfast**

During a normal school day: **11am lunch or snack**

When school is out/before practice: **3pm snack**

Right after practice: **Power Back Diet**

Within that next hour: **Complete dinner**



## **Power Back Diet**

Immediately following exercise/workout

**Step 1: 4-6 oz. of a sweet drink**

**Gatorade, PowerAde**

**Step 2: 12-16 oz of a quick protein**

**Chocolate Milk, yogurt**

**Step 3: 75 g of carbohydrates**

**Raisins, Fig Newtons, Nutrigrain Bars**