

REFUEL AFTER TRAINING SNACKS

After training it is very important to replenish glycogen stores and fluids for recovery. Ideally, this is done within 1 hour after finishing, and including some protein.



FRUIT & NUTS OR SEEDS

Fruit, nuts, and seeds are whole foods packed with energy, vitamins, minerals, and fluid. Everything an athlete needs. Combine fruit with a handful of dry roasted nuts or seeds, or nut butter.

- 1 apple or pear with a handful of pumpkin seeds
- 2 mandarin oranges and 10 dry roasted whole almonds
- 1 apple or banana with 2 heaping spoonfuls of peanut butter

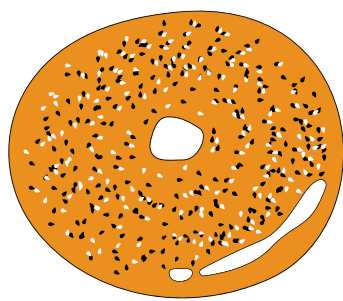
BREADS

100% Whole Wheat bread is the most whole food type of bread. Look for higher number of grams of fiber when choosing bread.

- Peanut butter and Jelly Sandwich
- Pita bread and Hummus
- Almond butter and fruit preserves sandwich



BAGELS



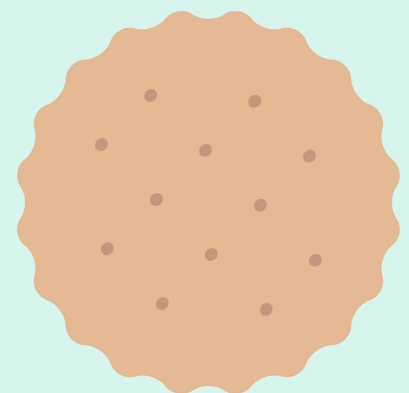
Bagels pack a lot of great energy! Be adventurous and try whole wheat, everything, or pumpernickel! Chocolate chip is ok too!

- Plain bagel, cream cheese, and fruit preserves
- Everything bagel with sunflower seed butter
- Pumpernickel bagel with cream cheese and sliced tomato
- Chocolate chip bagel and peanut butter

CRACKERS & RICE CAKES

Whole grain crackers with fruit and cheese please! Rice cakes with nut butter and fruit preserves. Lots of possibilities. Choose plain brown rice cakes and add flavor. Avoid crackers with partially hydrogenated oils; look for the fewest number of ingredients.

- 6 Triscuit type crackers with Sunbutter spread on each one



SMOOTHIES



Smoothies are great for packing a lot of nutrition into a concentrated amount, and for providing fluid. Make enough of your pre-training smoothie to have more afterwards, or make a different one!

- 1/2 banana, 1/2 cup frozen fruit, 1/2 cup orange juice, 1/4 cup plain yogurt, 1 teaspoon sweetener (honey, maple syrup, sugar). Add water if needed.

WATER

It is best to start drinking water 2 to 3 hours before training or competition, with a goal of 5 to 6 cups drunk before starting. Try to drink during training or competition, if you can, by taking 8 to 10 sips at a time. After practice, drink another 2 to 3 cups.

- Pre-fill water bottles the night before to grab and bring along



Elevation Nutrition

www.elevationnutritionrdn.com