

# EXAMPLE TOURNAMENT NUTRITION SCHEDULE

## DAY 1

### 6:00AM Breakfast

Bowl of cereal (e.g. cheerios, raisin bran) topped with fat-free milk pair with 1 cup of orange juice

or

1 bagel with 2 Tbsp. of peanut butter pair with 1 cup of fresh fruit

### 8:00AM Game

### 10:00AM (as soon as game is done)

Kashi granola bar

1 cup of Gatorade

### 11:30AM Lunch

6" turkey or ham sub with vegetables, mustard or light dressing option pair with apple slices or baked chips

### 3:00PM Game

At half time 1/2 cup of Gatorade

### 5:00PM (as soon as game is done)

Graham crackers with peanut butter

1 cup of Gatorade

### 6:00-7:00PM Dinner

Dinner will depend on where you go.

- Make sure the meal includes carbohydrates and protein
- Limit fried foods or buttery and creamy sauces
- Avoid over-eating

## Dinner ideas

- Pizza-limit meat toppings, if you must have add ham or chicken, any vegetable is good, or plain cheese pair with side salad
- Burrito or soft tacos with vegetables, chicken, fish, or steak (limit sour cream)
- Grilled chicken sandwich with side salad or steamed vegetable
- Cup of chili with baked potato or turkey sandwich
- Teriyaki chicken, steak, or fish with vegetables and rice
- Pasta with marinara or meat tomato sauce pair with side salad or steamed vegetable

## **DAY 2**

### **9:30AM Breakfast**

2 egg scrambled with 2 slices of wheat toast, paired with 1 cup of fat-free milk  
or  
Previous options

### **11:30AM Optional Snack**

1/2 banana

### **12:30PM Game**

At half time 1/2 cup of Gatorade

### **2:00PM (as soon as game is done)**

Trail mix and a piece of fruit  
1 cup of Gatorade

### **2:30PM Lunch**

Turkey, chicken, or ham sandwich with vegetables, mustard or light dressing  
option pair with fruit

### **5:00 GAME**

**\*VERY IMPORTANT**-Consume adequate water throughout the day, before, during, and after games. Refer to hydration sheet.