

## COMPETITION FUEL

6:30--Breakfast	Oatmeal with nonfat milk Banana Orange Juice (8 oz.)	Slow burning carbs
8:30--Weigh in		
9:00--Snack	Rehydrate 150% of “pulled weight” Granola/Power bar Orange slices Carb Drink—cut with water	Rehydrate & fast burning carbs
10:30--Competition		
11:00--Snack	Turkey sandwich Grapes Water	Some protein + carbs & rehydrate
1:00--Competition		
1:30--Snack	Yogurt Graham Crackers More Fluids	Some protein + carbs & rehydrate
3:00--Competition		
3:30--Snack	Power Cocktail of hot Water/half cup Honey/Lemon Juice/Salt	Rehydrate &Fast burning carbs
5:00--Finals		
5:30--Snack	Peanut butter crackers Raisins “Ade” drink	Protein & rehydrate
6:30--Recovery Dinner	Grilled Chicken Breast Pasta with Marinara Sauce Salad with lowfat dressing Green or yellow vegetable Sorbet Lowfat milk Water	You earned a good meal but Wednesday will come

- Stay Hydrated
- Keep foods as natural as possible—easier for you body to process
- Mostly Carbohydrates with small amounts of protein and fat