



What to Eat Before & After

ENDURANCE EDITION



THE NIGHT BEFORE:



Sweet Potato + Lean Protein + Veggies



Mexican Fiesta Bowl: Brown Rice/Quinoa + Black Beans + Chicken + Avocado



Stuffed Sweet Potato: Pork Loin + Sweet Potato + Avocado

DURING:



Chopped Up
Energy/Protein
Bar



Applesauce or
Baby Food
Packets/Pouches



Gel Chews with
Electrolytes
and/or Caffeine



Gel Energy Pouch

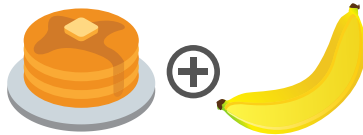


Figs or Dates

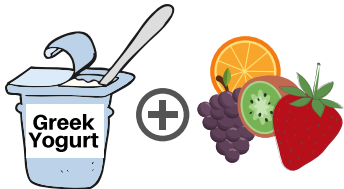
THE MORNING OF:



Oatmeal + Protein



Protein Pancake + Banana



Greek Yogurt + Fruit



Applesauce Pouch +
Small Protein Shake

AFTER:



FitAid[®] Recovery Drink



Coconut Water



Banana



Protein Shake



Electrolyte Tablets

★ Something similar to your "night before" meal