

TRUE YOUTH SPORTS NUTRITION WORKOUT / PRACTICE

Workout/ Practice Guide		
	Information	Suggestions
Pre-Workout (0-60 mins)	<ul style="list-style-type: none"> • Something with Protein • Water or Rehydrate 	<ul style="list-style-type: none"> ✓ Watered down Gatorade* ✓ Meal Replacement* ✓ Fruits (grapes, oranges, etc.)
	<ul style="list-style-type: none"> • Easy to digest foods. • Focus on adding protein (i.e. smoothie/ shake) • Liquid form of carbs (i.e. fruits) 	
DRINK 1 - 2 CUPS OF WATER OR REHYDRATE		
During	<ul style="list-style-type: none"> • Sports drink with minimum 6 – 8 % of carbohydrate concentration. 10 % + are associated with cramps, nausea, and dehydration. • Water is needed to aide in absorption of carbohydrates. 	<ul style="list-style-type: none"> ✓ Watered down Gatorade* ✓ Water
Dinner	<ul style="list-style-type: none"> • Must replenish carbohydrates and protein immediately. • Consume fast digestion protein such as whey protein. • Consume fast digestion carbohydrates. • Consume a large amount of water (4 cups or more). • Regular meal should be consumed 1 – 3 hours after post-workout supplement. 	<ul style="list-style-type: none"> ✓ Chocolate Milk ✓ Meal Replacement Shake* ✓ Water or Watered down Gatorade* ✓ Fruit and non-fat yogurt ✓ Low-sugar cereal with low-fat milk (i.e. Cheerios, Special-K)

This is just a guideline to proper eating habits. Please consult a registered dietitian for a more detailed nutrition plan.

*Advocare Products: We highly recommend these nutritional products over other brands. For more information on how to obtain Advocare products email me at rose@trueyouthsports.com