

# Fueling Station Menu



## Carbohydrate Rich Snack

Apple

Bananas

Fruit Cups

Applesauce

Whole Wheat PBJ

Nutri-Grain Bars

Pretzels

Whole Grain Goldfish

## Protein Rich Snack

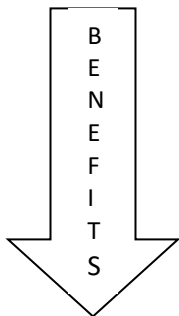
Greek Yogurt

Kind Bar

Nature Valley Bar HP

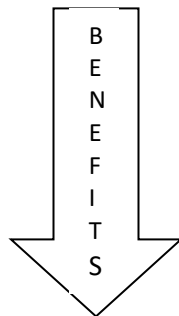
Chocolate Milk

## Protein



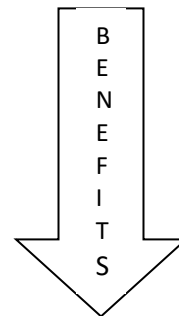
Repair, Maintain & Growth of Muscle Tissue

## Produce



Reduces inflammation from training & provides key nutrients for a healthy immune system

## Carbohydrates



Provide & replace energy that's lost during training

# Fueling Station Menu



Timing of Fuel	Flash Fuel
<b>&lt;45 minutes Pre-Practice</b>	<ul style="list-style-type: none"><li>• Fruit</li><li>• Fruit Cup</li><li>• Applesauce</li><li>• Nutri-Grain Bar</li><li>• Pretzels</li><li>• GoldFisj</li></ul>
<b>45-75 minutes Pre-Practice</b>	<ul style="list-style-type: none"><li>• Greek Yogurt + Fruit</li><li>• Applesauce + Granola Bar</li><li>• PBJ</li></ul>
<b>1-2.5 hours Pre-Practice</b>	<ul style="list-style-type: none"><li>• PBJ + fruit</li><li>• PBJ + Chocolate Milk</li><li>• PBJ + fruit cup</li></ul>
<b>Within 30 minutes Post-Practice</b>	<ul style="list-style-type: none"><li>• PBJ + fruit</li><li>• PBJ + Chocolate Milk</li><li>• Granola Bar + Chocolate Milk</li><li>• Greek Yogurt + Fruit</li><li>• Goldfish + Chocolate Milk</li></ul>