**Suggested Foods and Drinks for Game Day**

Before looking at the suggested foods and drinks, please keep in mind that this is simply a *guide*. This plan is meant to provide insight into how you can structure your own meals (protein, carb, fat, micronutrient) and to provide recommendations for simple, healthier meal alternatives on game day. After the game, eat what you want – you earned it.

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| **Breakfast** | Oats + Shake | Egg Scramble/Breakfast Tacos | Protein Pancakes |
| Protein | One scoop protein | 3-4 eggs + turkey sausage/turkey bacon | Kodiak power cakes (pancakes or waffles) |
| Carb | Oatmeal | One slide whole grain toast or tortilla | Natural maple syrup |
| Fat | One serving peanut butter | Avocado | One serving peanut butter or normal butter |
| Micronutrients | Berries of choice | Spinach/peppers/onion | Berries of choice |

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| **Lunch (on the go)** | Chick-fil-A | Chipotle |
| Protein | Grilled nuggets or grilled sandwich  | Chicken or beef bowl |
| Carb | Side of fruit | Rice of choice (white or brown) |
| Fat | \*Option of getting fried nuggets/sandwich OR waffle fries | Guacamole |
| Micronutrients | Side of fruit | Grilled vegetables |

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| **Snack (before game)** | Smoothie | Snack Plate | Gas station option |
| Protein | One scoop protein blended with almond milk | Sliced turkey breast or organic lunch meat of choice | Beef jerky |
| Carb | Banana (tip: freeze these for a better texture) | Pretzels/crackers, apples | Any mixed nuts or seeds or non-GMO fruit snacks |
| Fat | One serving peanut butter | Cheese/peanut butter/hummus | Any mixed nuts or seeds |
| Micronutrients | Spinach/berries | Veggies (cucumber, bell peppers, carrots) | N/A |

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| **Additional snack options** | Recommended brands |
| Sodas and drinks | Zevia, Poppi, Gatorade zero |
| Chips/popcorn | Veggie straws, quinoa pop chips, rice cakes, skinny pop popcorn |