

1.5 90 Minutes and Under Before Game Time or Between Games

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Some Protein, Low/No Fat w/ Emphasis is on Fast Acting Carbs

Extra Ripe Banana w/ Honey + Almond Butter
PB & J (ALWAYS an option in a pinch)
PB & Banana Sandwich
Lean Turkey + Apple Slices
White Rice (really easy on digestion and rapidly breaks down for quick energy)
Berries (best format is in a shake w/ limited amount of protein & fat)
Apple Sauce Granny Smith for low Glycemic Index
Quick Oats
Saltine Crackers + Nut Butter
Plain Bagels w/ Honey or Jelly
Non-acidic Fruit Juices (you can squeeze your own, or buy natural no sugar added juices)

**Table 1.5*

Bonus Idea:

A thermos can aid as a storage container for warm foods. Therefore, foods such as rice can be cooked and placed in thermos and kept warm for a couple hours. This provides a great option for home cooked food later in the day, in-between games and even after school. Later we will discuss the benefits of soaking nuts as well prepping overnight oatmeal. Both of which are valuable snacks loaded with nutrients that can be consumed later in the day.