

Youth Fueling: Nutrition Manual for Sports Performance

Pre-Game or Practice Meals (*Dinner Options*) 2-4 Hours Before

<u>Home Cooked Options</u>	<u>On the Go Options</u>
Grilled Turkey on sourdough bread w/ apple slices and fresh fruit (<i>cantaloupe, melon, or oranges</i>)	Chickfila Grilled Chicken Sandwich, grilled nuggets + fresh fruit cup
Grilled chicken breast w/ rice and veggies	McDonald's Grilled Chicken Sandwich, Cheeseburger + apple slices or yogurt parfait
Lean Beef w/ roasted potatoes	Panera Bread Turkey Sandwich, Ham & Swiss + Fresh Fruit Cup (<i>Section 2.0</i>)
Roasted pork loin w/ raspberry jam + whipped sweet potatoes	Chipotle Grilled Chicken Tacos/rice bowl, or quesadilla
Grilled Salmon w/ rosemary rice (<i>Section 3.4</i>)	Dunkin Donuts (all day) Turkey Sausage Sandwich, Wakeup Wrap Sandwich w/ Turkey Sausage, or Ham Egg & Cheese English Muffin
To view section and purchase Youth Fueling: Nutrition Manual for Sports Performance in its entirety visit: http://store.xlathlete.com/product-p/youthnutrition.htm	

**Table 3.2.2*