

Best Pre-Workout Meals and Snacks

Whether you're preparing for competition or a training session, to maximize your efforts and achieve peak performance, having meal or snack prior (especially if 90-minutes or longer) will boost energy levels, delay fatigue, and protect your muscles from damage.

3-4 Hours Before Workout or Game

1. BBQ Grilled Chicken Breast + Baked Sweet Potato with drizzle of honey + Zucchini & Red Bell Peppers sautéed in olive oil
2. 100% Whole Wheat or Lentil Spaghetti or pasta + Bolognese Sauce (90% lean ground beef or ground turkey) + Steamed Broccoli
3. Baked Salmon + quinoa & roasted, diced sweet potatoes + Stir-Fry Vegetables + 1/4 to 1/2 sliced avocado

1-2 Hours Before Workout or Game

4. Oatmeal (made with water, dairy alternative milk, or milk) + 1 banana, sliced + natural nut butter
5. For a Burrito or Tacos: scrambled eggs + diced bell peppers + salsa + 100% Whole Wheat or Corn Tortilla with an apple
6. For a Turkey Sandwich: deli-sliced turkey + spinach + deli-sliced cheese (no Kraft or similar) + mustard + 100% Whole Wheat bread with an orange

30-60 Minutes Before Workout or Game

7. Sliced apple or banana + natural nut butter + 100% Whole Wheat Toast OR PB&J with 100% Whole Wheat Bread
8. Greek yogurt + berries (blueberries, strawberries, blackberries) + granola
9. Granola Bars
10. Sports Foods & Beverages (bars, gels, and carbohydrate-electrolyte beverages)
11. Smoothies can be great as part of any pre-game meal (check out our recipes [here](#))



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