

# **EAT LIKE THE PROS**

## ⊕ **GENERAL PRINCIPALS**

**Ensure 70% of your meals are water-based vegetables**

-Broccoli, Green Beans, Salads, Brussel Sprouts, Peppers, Cabbage, Cauliflower, Arugula, Carrots, Tomatoes,

**Get good gut-feeding foods on your plate**

-Beans, Garlic, Onions, Chickpeas, Yoghurt

**Sugar and Carbs only before a workout or practice**

--Limit sugar for energy events only - pastas, bread, rice, sugary drinks

**Ensure protein is 30% of your meals**

-Organic is preferable- eggs, chicken, fish, beef, pork, chickpeas, beans, peas

**Have Healthy Snacks**

-Have fruit and nuts as snacks - add popcorn as a low calorie option

**Drink A Glass of Water Every Hour**

-Stay hydrated, drink in sips while practicing to avoid stomach cramps

## ⊕ **PRE-GAME**

**Eat light - small amount of food 2 hours before a game i.e bowl of oatmeal, apple, banana or granola bar**

**Drink beverages with electrolytes to get hydrated pre-game**

**Bring something with hydration and natural sugar for mid-game snacks (i.e oranges, cantaloupes)**