

# The foods you choose will depend on the time you have between your meal and your activity

## *3 or hours before the game: a full meal*

- Chicken, rice, green beans, kiwi, milk
- Eggs, cottage cheese, toasted whole grain bread , fruit salad, milk
- Toasted whole grain bread, peanut butter, bananas, milk
- Spaghetti with meat sauce, lettuce salad, oatmeal /apple granola bar, milk
- Tuna Bagel, vegetable juice, orange tapioca, milk
- Whole grain ham cheese sandwich, veggies, fruits, milk
- Trout filet, couscous, broccoli, fruit skewers with yogurt, milk
- Vegetable pizza, lettuce salad, blueberry muffin, milk

**Not recommended** : Fried, breaded cooked meat, bacon, sausage, , pastries, soft drinks

## *2 hours before the game = A light meal*

- cold cereal, banana, milk
- Soup, cheese, crackers
- Yogurt, fresh fruits, oatmeal cookies
- Cheese and crackers, grapes
- Healthy muffin, yogurt, fruit
- Apple, cheese, cereal bars
- Start hydrating

## *1 hour before the game = Snacks*

- Yogurt drink
- Yogurt
- Minigo, danone, or other products of this type
- Soya drink
- Smoothies
- Keep hydrating

NOTE : If you ate 3 or 4 hours before training, it is okay to have a snack 1 hour before the game to maintain your energy.

## ***RIGHT BEFORE THE GAME***

Do not eat anything, just take sips of water.