

EAT OFTEN TO COMPETE STRONG



WHY?

- CONSISTENT ENERGY
- STRONG MUSCLES
- PREVENT ILLNESS
- INJURY PREVENTION

7:30am BREAKFAST

10:00am MIDMORNING

12:00pm LUNCH

2:30pm PRE-PRACTICE

3:30pm PRACTICE

5:30pm POST-PRACTICE

6:00pm DINNER

8:30pm NIGHTTIME

Fuel & refuel with

CARB



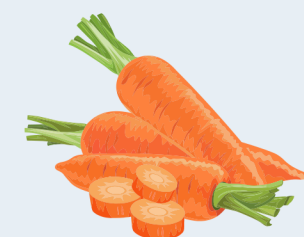
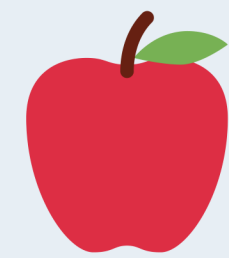
Repair & build muscles with

PROTEIN



Recover with

COLOR



Hydrate with

H2O





APPROVED PROTEIN POWDERS FOR COLLEGIATE ATHLETES

All available at Kearney Hy-Vee



Muscle Milk: 100 Calories Low-Fat Protein Powder

Flavors: *Vanilla*



Muscle Milk: Genuine Protein Powder

Flavors: *Vanilla Crème, Strawberries N' Crème, Chocolate & Cookies N' Crème*



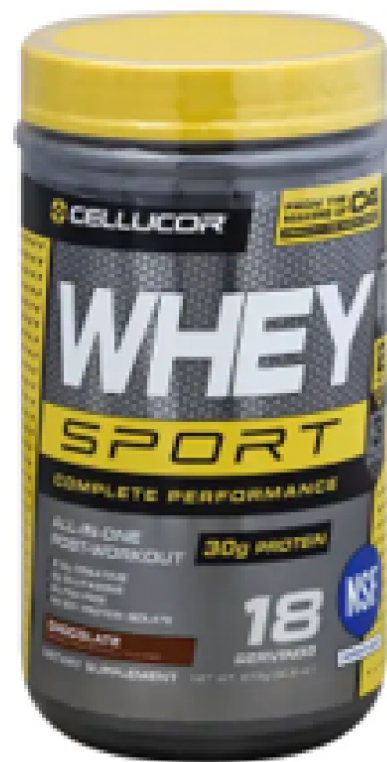
Optimum Nutrition: Gold Standard 100% Whey

Flavors: *Double Rich Chocolate, Delicious Strawberry, Chocolate Mint, Extreme Chocolate, Vanilla Ice Cream, Cookies and Cream, French Vanilla Crème, & White Chocolate*



Cellucor Whey Sport

Flavors: *Chocolate & Vanilla*



Vega Sport: Protein Powder

Flavors: *Chocolate & Vanilla*

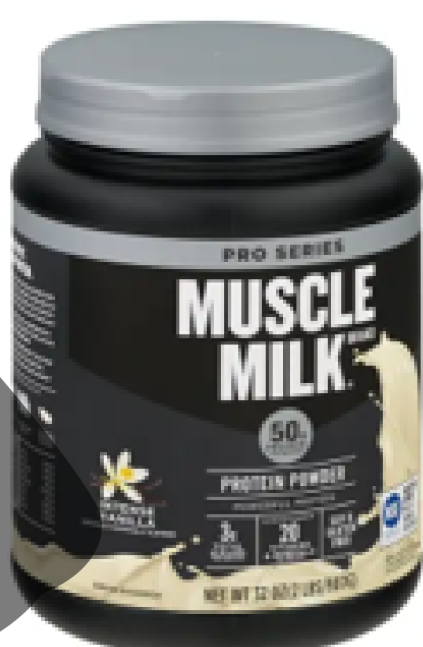


Anything labeled "NSF Certified for Sport" is permissible by the NCAA



Muscle Milk: Pro Series

Flavors: *Intense Vanilla, Slammin' Strawberry & Knockout Chocolate*



Garden of Life: Organic Plant-Based Protein

Flavors: *Chocolate & Vanilla*



L

LEAD WITH BREAKFAST



O

OPTIMIZE HYDRATION



P

PRIORITIZE PRODUCE



E

EAT FREQUENTLY



R

REQUIRE LOTS (AND LOTS) OF CARBS



S

SCHEDULE TIME FOR PROTEIN

