



## What to Eat the Day Before & Day of a Swim Meet

		Day Before Meet	Day of Meet
<b>Breakfast</b>	PRO	Eggs & Bacon ½ cup Veggies ¼ cup berries	Hard Boiled eggs Handful of almonds Clementine or small apple. WATER  <b><u>Eat 2-3 hrs prior to race</u></b>
	FAT		
	CARB		
<b>Snack(s)</b>	PRO	Beef jerky Carrots/celery (dip optional)	Deli meat String cheese Oranges slices
	FAT		
	CARB		
<b>Lunch</b>	PRO	Sandwich (lettuce) wrap at sub sandwich shop with extra protein	Peanut butter and banana (or honey) whole-wheat (or gluten-free) sandwich, with side of choice fresh veggies. WATER
	FAT		
	CARB		
<b>Snack</b>			Apple Mixed nuts
<b>Dinner</b>	PRO	Stir-fried beef with cashews Broccoli, snow peas, water chestnuts, bell peppers (or any veggies of choice!)	Slow-cooker Chili or roast with preferred vegetables
	FAT		
	CARB		
<b>Snack(s) Post-event</b>	PRO	½ Chocolate or vanilla protein shake	Pretzels with nut-butter, guacamole, or hummus OR Whey protein shake with Peanut or almond butter and frozen berries
	FAT		
	CARB		

Remember: Hydrate, hydrate, hydrate!! Starting at least 2-3 days prior (not just the day before), as well as the day(s) after. Aim to consume adequate water amounts (1/2 of your body weigh in ounces).