

## **Pre-Event Menus** **General Guidelines**

The following are some general guidelines for pre-event meals. All of the following meals should include at least 16 ounces of water, in addition to any fluid requirements stated.

### **Night before the Event**

Two additional 16 ounce glasses of fluid in the early evening  
The evening meal should be about two-thirds carbohydrates. Good include:

Pasta

Turkey hoagie (sandwich)

Chicken/vegetable stir fry, Chicken fajitas

Pizza (thick crust, plain or vegetable)

If you are on the road and fast food is the only option, try the following selections:

Grilled chicken sandwich

Fajitas or soft tacos

Pizza

Salad bar

Bagel sandwich

### **Before Bed**

16 ounces of fluid

High carbohydrate, low fat snack. Examples include:

Frozen yogurt

Cereal bars

Bowl of cereal/Skim milk

Cookies

Bagel

Popcorn

### **Day of the Event**

#### **Fluid Intake**

To provide adequate hydration the athlete should “top off” fluid levels by drinking the following:

2 hrs prior to the event: 16 ounces of cool water

30 min. before event: 16 ounces of cool water  
5-10 min. before event: 8 ounces of cool water

## **Meals**

**Morning Competition:** Ideally the athlete should be up at least 2 hrs. prior to the event and eating 1 1/2 hrs before.

Some good choices are:

Toaster pastries and skim milk  
Breakfast shake with toast and jelly  
Waffles or pancakes with syrup

## **Mid-Day Competition**

(1 p.m. start)

8 a.m. Meal:

Same as above

10:30-11:00 a.m. Meal

Turkey, tuna or chicken salad hoagie (sandwich)  
Omelet and bagel  
Waffles or pancakes and syrup

If the early meal was heavier; then this meal can be light, such as:

Shake  
Cereal bars  
Yogurt  
Sports bar and juice

Evening Competition

(7 p.m. start)

Breakfast:

Same as 8 a.m. meal above.

Lunch

(this should be the largest meal of the day):

Pasta and sauce  
Baked chicken with rice, vegetables and bread

Stir fry with lots of rice

Mid-Afternoon Snack

Peanut Butter and jelly sandwich

Sports bar

Cereal and skim milk

Bagel and juice

Dinner

(4:00 p.m.)

Pasta Stir fry

Chicken sandwich

Chicken fajitas

Pre-event Snack

(6:00 p.m.)

Cereal bar

Crackers

Granola bar

Pretzels

**All Day Events**

When turnaround time is minimal between events, the goal is to consume small amounts of easily digestible foods. This will keep your energy level up throughout the day and help you to avoid peaks and valleys.

Dry cereal

Cereal bars

Pretzels

Yogurt

Bagel

Trail mix

**Important Points to Remember**

1. Pre-event eating is a continual process.  
Consume what you need daily to ensure optimal performance.
  
2. Your pre-event meal is not immediately available for energy  
but it will contribute to your energy stores later in the competition.
  
3. The closer a meal is to the start of an event, the smaller it should be.
  
4. Don't try anything new on game day.  
New foods can cause digestive upset  
when mixed with "pre-game jitters".
  
5. Experiment with different foods and sports drinks on  
practice days to assess their effect on your energy levels.
  
6. **Drink plenty of water before, during and after the event.**  
Water should be about 45 to 50 degrees or "refrigerator cold".