

THE ATHLETE'S PLATE

HARD TRAINING DAY

Two-a-day high intensity practice/training or competition day.

GATORADE
THE SPORTS FUEL COMPANY

GRAINS + CARBS 50%

- Pasta
- Rice
- Potatoes
- Cereals
- Breads

LEAN PROTEIN 25%

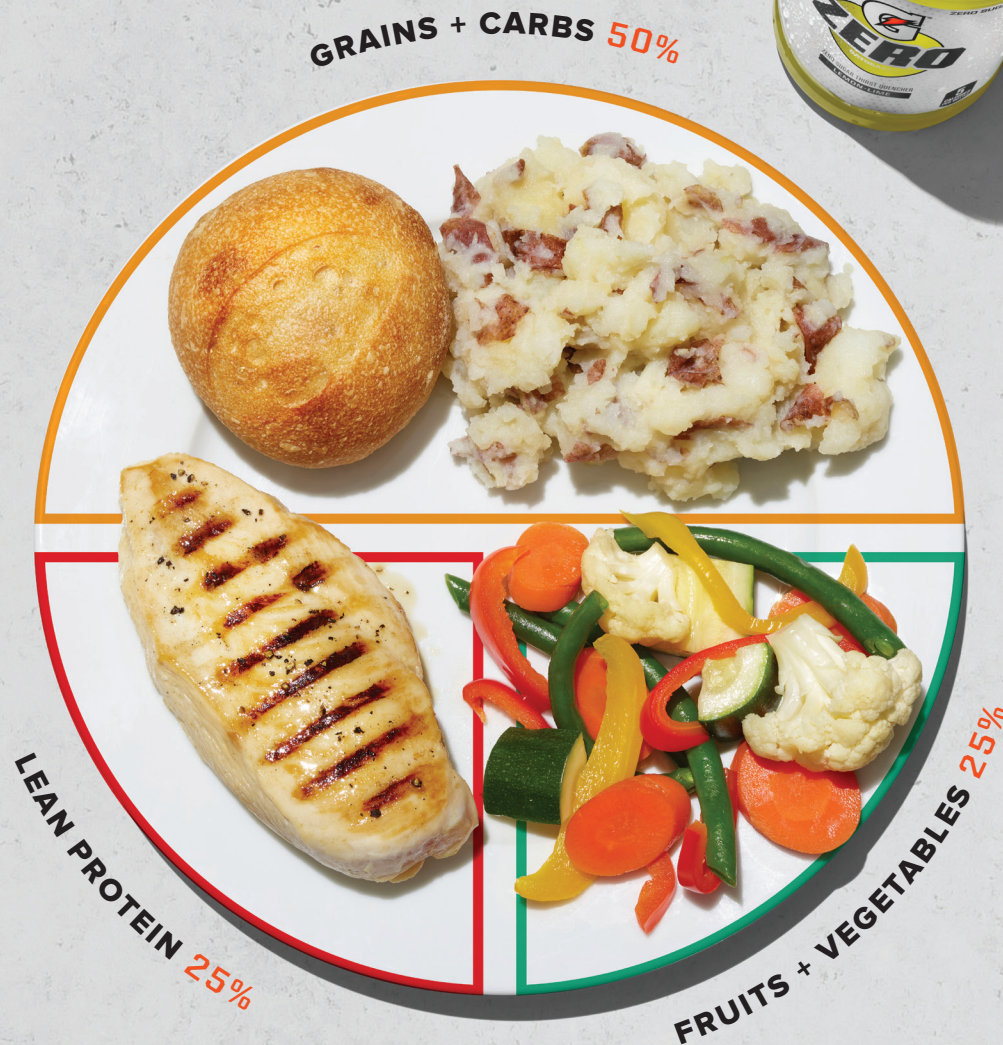
- Poultry
- Beef/Game/Lamb
- Fish
- Eggs
- Low-Fat Dairy
- Soy (e.g. Tofu, Tempeh)
- Legumes/Nuts*

FRUITS + VEGETABLES 25%

- Fresh Fruit
- Canned Fruit
- Dried Fruit
- Raw Vegetables
- Cooked Vegetables

FATS

- Avocado
- Oils
- Nuts
- Seeds
- Cheese
- Butter



HYDRATION

- Water
- Dairy/Non-Dairy Beverages
- Diluted Juice
- Flavored Beverages (Low/Zero Calorie)
- Coffee/Tea

FLAVORS

- Salt/Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup

* Please be advised that legumes and nuts are not complete sources of protein when consumed on their own. In order to obtain the protein benefits of these items, they should be paired with some type of grain.