

FUELING TO FIGHT



3-4 HOURS BEFORE TRAINING



TUNA SANDWICH



BURRITO BOWL



EGG, RICE, & AVOCADO BOWL

1-2 HOURS BEFORE TRAINING



PERFORMANCE / PROTEIN BARS



FRUIT / CRACKERS / NUTS / CHEESE



FIG / GRANOLA BARS

WITHIN 1 HOUR BEFORE TRAINING



SPORTS / ELECTROLYTE DRINKS



PERFORMANCE CHEWS / GUMMIES



FRUITS