

WHAT TO EAT AT MEETS

Any high carbohydrate choices will help keep your fueled!

Even if you only run one or two events, you need to keep hydrated and fueled!

granola bars
breakfast squares
juice boxes
yogurt
fruit
poptarts
bagels
chocolate milk
sandwich
gatorade
cold cereal
graham crackers
fig bars
pretzels
low fat crackers

FAST FOOD...

Choose things that are lower in fat prior to the meets.

High fat foods will sit in your stomach and not give you the quick energy you need. Not to mention that they can make you feel yucky! Save them for on the way home.

chicken breast sandwiches (not breaded, avoid lots of sauce and mayo)
milk
regular hamburgers or cheeseburgers (get a few, you need the calories)
small fries
salads
roast beef
chili
subway sandwiches without gobs of mayo/sauce
baked potato
cheese pizza (Little Ceasers, only 5 bucks!)