

Raptor Fueling Routine

Consistency is key when it comes to achieving your athletic goals, and that includes your nutrition! Use this worksheet to keep yourself accountable during the “pause” to a fully fueled routine! Stay committed to at least 3 athlete’s meals and purposeful snacks as you prepare you for upcoming athletic season!

Breakfast

Time: _____

Grain:	Protein:	Fat:	Fruit/Veggie:	Dairy/Hydration:
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Snack (if meals are >3-4 hours apart)

Time: _____

Carb:	Protein:
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Lunch

Time: _____

Grain:	Protein:	Fat:	Fruit/Veggie:	Dairy/Hydration:
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Snack (if meals are >3-4 hours apart)

Time: _____

Carb:	Protein:
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Pre-Training Snack (~30 min before Training)

Time: _____

Simple Carb:

TRAINING!

Recovery Snack (within 30 min of Training)

Time: _____

Fluid+Carbohydrate+Protein:

Dinner

Time: _____

Grain:	Protein:	Fat:	Fruit/Veggie:	Dairy/Hydration:
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Snack

Time: _____

Carb:	Protein:
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- Drank ½ my body weight in oz. of hydrating fluid today
- Try at least one new food to support my immunity: _____
- Choose at least one food to support my mental health: _____

This is a guide to help you set your fueling routine and will be unique to each athlete!

Questions or need support in your fueling goals?

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