

MEAL-TIMING FOR THE TOKAY ATHLETE



PM WORKOUTS		
TIME	ACTIVITY	NOTES
6:30 AM	Breakfast	
9:20 AM	Snack	Right after 2nd period
10:30-11:30 AM	Lunch	
2:10 PM	Snack	Right after school
2:30 PM	Training	
5:00 PM	Snack	Post-training recovery food
6:00 PM	Dinner	
9:00 PM	Snack	

AM WORKOUTS W/ PM PRACTICE		
TIME	ACTIVITY	NOTES
5:30 AM	Snack	
6:00 AM	Training	
7:00 AM	Breakfast	Post-training recovery food
9:20 AM	Snack	Right after 2nd period
10:30-11:30 AM	Lunch	
2:10 PM	Snack	Right after school
3:00 PM	Practice	
6:00 PM	Dinner	
9:00 PM	Snack	

MINIMUM DAY PM WORKOUTS		
TIME	ACTIVITY	NOTES
6:30 AM	Breakfast	
9:30 AM	Snack	Right after 3rd period
11:30 AM	Snack	Right after school
12:30 PM	Training	
2:30 PM	Lunch	Post-workout recovery food
6:00 PM	Dinner	
9:00 PM	Snack	

Snacks

- > Size is dependent upon your needs
- > Good snacks have the following in common
 1. provide nutritional benefit
 2. are big enough to prevent hunger
 3. are small enough to accommodate upcoming physical activity
- > Examples
 1. fruit
 2. yogurt
 3. peanut butter & jelly sandwiches
 4. mixed nuts/trail mix (nuts, cereal, dried fruit, choc. chips)
 5. beef jerky
 6. Granola/energy bars (Nature Valley is a great brand!)
 7. dry, whole grain cereal
 8. string cheese
 9. bagel w/ sliced cheese
 10. pretzels

Post-Training Recovery Food

- > Examples
 1. chocolate milk
 2. peanut butter & jelly sandwiches
 3. yogurt, granola & 100% juice
 4. trail mix & sports drink
 5. sandwich w/ whole wheat bread, lean meat, veggies & sports drink