

Pre & Post Fueling Options for Athletes

Pre-Fueling: Choose mainly carbs (30-60g carbs)



Whole food options:

- Bananas
- Oranges-mandarin or clementines (seedless, easy to peel)
- Grapes
- Dried fruit (raisins, dates)
- Applesauce pouches

Packaged options:

- Pretzels (DF/PF)
- Fig bars (Nature's Bakery Fig Bars or Fig Newtons-(DF/PF/Some GF)
- Pita bread (Most DF/PF)
- Rice Cakes (DF/GF/PF)
- Mini Bagels/Bagels (DF/PF)
- Crackers-Wheat thins, Triscuits, Mary's Gone, Simple Mills (PF, most DF, some GF)
- Bobos oat bar bites (GF/DF)
- MadeGood Granola Minis (GF/DF/PF)
- Granola (Most DF, some GF/PF)
- Picky Bars (GF/DF)
- Lara Bars (GF/DF)
- Kate's Real Food (GF)
- Clif Bars (some PF)
- Energy chews/gummies (Clif Bloks, Honey Stinger, Skratch chews)- (GF/DF/PF)



After Training: Choose Carbs + Protein

*Carbs- 1-1.5g/kg (50-75g is a good start), Protein-20-30g

WHOLE FOOD OPTIONS:

- Chobani yogurt smoothies (GF, PF)
- Oikos Pro Fuel / Oikos Pro Smoothie (GF, PF)
- Siggi's Protein Drinkable Yogurt (GF, PF)
- Greek yogurt cups (GF, PF)
- String cheese/Babybel (GF, PF)- add carbs
- Hard-boiled eggs (GF/DF/PF)- add carbs
- Turkey/ham roll-ups (GF/DF/PF)- add carbs
- Hummus cups (GF/DF/PF)- add carbs
- Nut butter packs (GF/DF)- add carbs
- Jerky (GF/DF/PF)- add carbs
- Edamame (GF/DF/PF)- add carbs

PACKAGED BAR OPTIONS:

- RXBAR (GF)
- GoMacro (GF, DF)
- Rise Protein+ (GF)
- Kate's Real Food (GF)
- Clif Builders
- Thunderbird Bars (GF/DF/PF)
- 88 Acres Seed Bars (GF, DF, PF)



READY TO DRINK PROTEIN DRINKS:

ADD A CARBOHYDRATE TO MAKE IT A COMPLETE RECOVERY MEAL

- Fairlife Core Power-(Lactose free, GF)
- OWYN (GF, DF, PF)
- Ripple (GF, DF, PF)
- Orgain RTD (GF, DF, PF if plant-based)
- Optimum Nutrition RTD (GF)

READY TO DRINK RECOVERY OPTIONS (CARBS + PROTEIN)

POWDERS:

- Endurox R4 (GF, PF)
- First Endurance Ultragen (GF, PF)
- Skratch Labs Recovery (GF, PF)
- Tailwind Recovery (GF, DF, PF)
- GU Roctane Recovery (GF, PF)
- Ka'Chava (GF, DF, PF)- meal replacement
- Huel Powder (GF, DF, PF)- meal replacement



RTDS:

- Chocolate milk (GF, PF)
- Gatorade Recovery (GF, PF)
- Darigold Fit (GF, PF)-lactose free

GF= GLUTEN FREE, DF= DIARY FREE, PF= PEANUT FREE