

# GAME DAY FUELLING

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IT'S ALMOST GAME DAY SO HERE IS WHAT TO HAVE IN ORDER TO HEAD IN FUELLED + HYDRATED

## PRE-GAME

### 30-60 MINS PRIOR - QUICK DIGESTING CARBS

- Banana/apple/grapes
- Lollies (e.g. 2 x snakes)
- Dried fruit
- Juice
- Toast w. jam and honey

## HALF-TIME

You can 100% stick to water but if you are feeling like an extra boost, try;

- Lollies (e.g. 2 x snakes)
- Juice

## POST-GAME

### WITHIN 30-60 MINS - QUALITY PROTEIN & CARBS

- Protein shake made with milk
- Protein nut bar
- Chocolate milk
- Meat and salad roll

**DRINK** water pre, during and post game

**Bonus points if you sip rather than skull to help with absorption**

Make sure you see the Inspire Dietitian's around 45mins pre-game and we will have your fuelling sorted!