



breakfast

for early morning practices

FOCUS ON CARBOHYDRATES

- These digest fastest so that you don't run on a full stomach
- Limit high fat foods that take longer to digest
- Include smaller amounts of protein and fat for longer energy

Try:

- Toast with natural jelly + light spread of natural nut butter
- Oatmeal + protein powder
- Fruit + nut butter

HAVE A SNACK BEFORE BED

- This may give you some extra energy for early mornings
- Include a protein + carb + fat

Try:

- Greek yogurt with berries and nuts/seeds
- Deli meat sandwich
- Rice cake with natural nut butter

HYDRATE

- Drink plenty of water the day before
- Drink 1 glass of water immediately when you wake up