



Meal Schedule

<p>48 hours before a game or practice</p>	<ul style="list-style-type: none"> - Correct dehydration - Avoid any beverages that cause dehydration (any caffeinated beverages including coffee, pop, etc.) - Plan your meals for the 24 hours prior to the game/ practice - Avoid greasy or fried foods - Avoid new foods until after match
<p>24 hours before a game or practice</p>	<ul style="list-style-type: none"> - Consume meals that have low glycemic effect to maximize the glycogen that your body can store - Continue to consume fluids until your urine is clear and odorless
<p>Day of a game or practice</p>	<ul style="list-style-type: none"> - For evening event, a hefty, hearty high carbohydrate breakfast and lunch with low to moderate glycemic effect foods - A lighter meal can be consumed 2- 2 ½ hours before a game - Maintain good hydration
<p>Within 2 hours of a match</p>	<ul style="list-style-type: none"> - No solid foods to assure gastric emptying - Properly hydrated as above
<p>30 Minutes after a game or practice</p>	<ul style="list-style-type: none"> - Consume carbohydrate-heavy beverage (such as liquid meal) - Consume at least 1-2 pints replacement fluids to aid with rapid recovery
<p>2 hours after a game or practice</p>	<ul style="list-style-type: none"> - Consume a solid meal with high glycemic effect foods (great for the bus trip home) - Consume up to a quart of a sports drink or water

Low Glycemic Effect	Moderate Glycemic Effect	High Glycemic Effect
Apple Barley Banana- under ripe Cherries Chick peas Dried apricots Grapefruit Green beans Kidney beans Lentils Low-fat yogurt Lima beans Milk (full fat or skim) Pear Plum Split peas Wheat	Apple juice Baked beans Banana- ripe Boiled potato Bran chex Bran muffin Corn Fruit cocktail Grapes Green peas Hamburger bun Ice cream Lentil soup Linguine Long grain/ brown rice Oatmeal cookies Orange Orange juice Popcorn Potato chips Pineapple Raisins Rice (white or brown) Spaghetti without sauce Sponge cake Sweet potatoes	Bagel Baked potato Bread Carrots Cereals- most non-bran Cheerios Corn flakes Corn chips Donuts Gatorade Graham crackers Honey Jelly beans Oatmeal Watermelon Raisins Rice cakes Rice krispies Rice (instant) Wheat thins Vanilla wafers

***All of the above information has been utilized from Paul Cacolice at Cacolice Conditioning and Consulting, LLC**