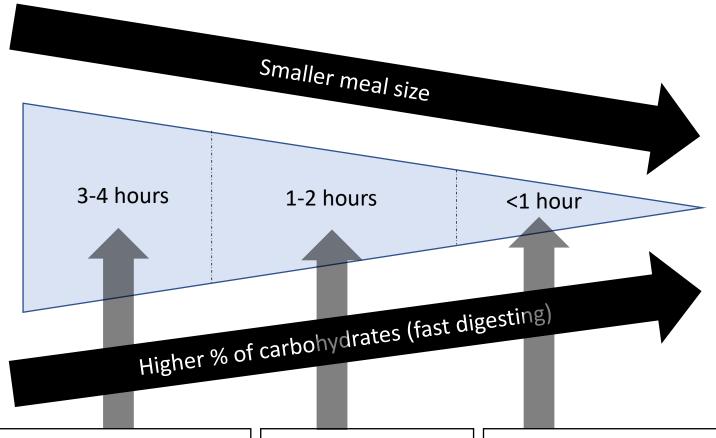
## Par Maria

### **Olympic Sports Nutrition**

Message us on your sports nutrition app if you need help!

# Meal Timing Before Practice & Competition



#### 3-4 hours before:

- Eat a full meal
- High carbohydrate
- Moderate protein and fat
- Fluids

## 1-2 hours before (if you missed the full meal)

- Eat a big snack
- High carbssome protein
- Fluids

#### <1 hour before:

- Eat a small snack
- High carb foods
- Fluids
- Maybe coffee



Have questions? Need a meal plan? Connect with us on our Sports Nutrition App!