**Day before Meet: LOTS OF WATER!!**

**Breakfast:** Oatmeal, Eggs, Whole wheat or oat cereal, Pancakes or Waffles (light on butter and syrup)

**Lunch :** School Lunch with all the sides (Stay away from Ala Cart Junk)

**Dinner:** Lean Meats, Pastas, Rice Dishes, Casseroles (Anything well balanced and home cooked)

(no fast food!)

**Snacks:** Bananas, Apples, Granola, Protein Shakes, Milk

**Day of Meet: LOTS OF WATER !!**

**Breakfast:** Oatmeal, Eggs, Whole wheat or oat cereal, Pancakes or Waffles (light on butter and syrup)

**Lunch :** School Lunch with all the sides (Stay away from Ala Cart Junk)

**Dinner**: Depends of time of race: (BELOW)

**During Meet**

**Race Time =** What to eat?

**1 hour away=** Water

**Less than 2 hrs away=** Water/Sports Drink , maybe a Powerbar/Granola bar/Breakfast bar

**2hrs or more away =** Just enough to satisfy: PBJ sandwich, Banana, Turkey sandwich, Granola bar,

**After Race=** Sandwiches, Fruit, Breakfast bars, Granola bars. NO CONCESSIONS