

WHAT TO EAT AND WHEN

Make sure you're getting what you need exactly when you need it. Follow this chart to see what nutrition your body requires throughout the training day, and a suggestion of the food and product combo to accomplish it.



WHEN	WHAT	HOW PART 1: FOOD	HOW PART 2: PRODUCT
<p>2 to 4 2-4 HOURS BEFORE TRAINING</p>	<p>2 cups water or sports drink</p> <p>0.5-1.8g x bodyweight (lbs) of complex and simple carbs</p> <p>10-20g high-quality protein</p> <p>< 5g fat</p>	<p>1 cup granola</p> <p>8oz milk</p> <p>1 piece fruit</p>	 <p>½ to 1 scoop Pro Performance® AMP Amplified Wheybold Extreme 60™</p>
<p>30-60 30-60 MINUTES BEFORE TRAINING</p>	<p>1-2 cups water or sports drink</p> <p>0.3-0.5g x bodyweight simple carbs</p> <p>Minimal protein and fat supplemented with free amino acids to keep muscles fueled</p> <p>Choose familiar foods and don't try anything new on competition day!</p>	<p>½ bagel</p> <p>1tbsp jelly</p>	 <p>1 scoop Pro Performance® Ultra Amino Complex</p>
<p>DURING TRAINING</p>	<p>6-12oz fluid every 15-20 minutes.</p> <p>Choose water for first hour, switch to a sports drink or a high-carb gel after that.</p>	<p>8oz fruit juice diluted with water</p>	 <p>GU™ Energy Gel (30-60 g carbohydrates per hour for exercise lasting 1-2.5 hours)</p>
<p>30 30 MINUTES AFTER TRAINING</p>	<p>2 cups water or sports drink</p> <p>0.7g x bodyweight of complex and simple carbs</p> <p>6-20g protein + amino acids</p>	<p>12oz chocolate milk</p> <p>1 banana</p>	 <p>1 GNC Total Lean® Lean Bar</p>
<p>2 THE 2 HOURS AFTER TRAINING</p>	<p>Continue hydrating</p> <p>Have a balanced meal that's:</p> <ul style="list-style-type: none"> • High in carbs • Has at least 20-30g protein, and • Includes healthy fats 	<p>1.5 cups pasta</p> <p>½ cup tomato sauce</p> <p>4oz lean meat</p>	 <p>2 scoops GNC SuperFoods Ultra Mega® Green Active Powder</p>