

ELEVATE YOUR GAME WITH THE RIGHT FUEL!

Pro Tip from Coach Mia

"Fuel up with balance. Fruits, vegetables, a small snack and water help you stay energized. Skip energy drinks and sugary snacks that can slow you down."



Fats



Protein

Carbs

All bodies need:

Fats to support long-term energy & absorb nutrients

Protein to support muscle growth & recovery

Carbohydrates to give you energy



Fruits and vegetables are power-ups!

They are packed with vitamins and minerals that help your body stay strong, healthy and ready to play.

Water First!

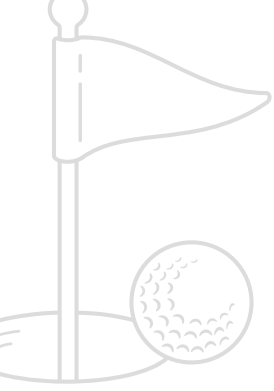


Athletes need to drink water every day. It's okay to have chocolate milk or sports drinks after a game, but **NEVER** forget your **WATER!**



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POWER UP BEFORE YOU PLAY!



Pro Tip from Aspen, NB3FIT Soccer

"Eat a healthy snack 30 to 60 minutes before your game so you have energy to play and help your team. The snacks below are some of my favorites."

Try these recipes to fuel for your next game!

HEALTHY S'MORES

Prep Time: 5 minutes | Servings: 5



INGREDIENTS

- (2) Large bananas, sliced
- (10) Graham crackers
- (2) Tbsp Nutella

DIRECTIONS

- Step 1: Take two graham crackers and spread Nutella on one side of each cracker
- Step 2: Slice bananas and place 4-5 pieces on top of the Nutella
- Step 3: Sandwich both graham crackers together to make your s'more

APPLE SANDWICH

Prep Time: 5 minutes | Servings: 5



INGREDIENTS

- Apples
- Peanut butter or alternative (Sunbutter)
- Dark chocolate chips
- Granola
- Lemon juice

DIRECTIONS

- Step 1: Remove the apple core
- Step 2: Slice the apple horizontally
- Step 3: Spread peanut butter or an alternative on two apple slices
- Step 4: Top one side with granola and dark chocolate chips
- Step 5: Place the other apple slice on top and enjoy!
- *Step 6: If storing for later, spritz with lemon juice



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