GYMNAST CARE NUTRITION

a Road Map to Success

Wake Up

Breakfast

- The best meal of the day!
- Make it great everyday
- Protein, Carbs, Fats
- So important to include Omega 3's to help with brain function throughout the day

Mid - Morning Snack

- Give them great fuel to help recover and prepare for days practice
- Variety, making sure to include great fats
- Fruit/Vegie's as well as protein

Lunch

- A Great Lunch will get your gymnast ready for practice
- Sandwiches can combine meats, cheese, vegetables, and complex carbs
- Give a dessert that helps prepare, rather than just simple sugars

Pre - Workout Snack

- The second most important meal for a gymnast
- Heavier on carbohydrates, but must include protein and fats

Example:

- Fruit and yogurt or a peanut butter and banana sandwich

Mid - Workout Snack

- Very Light
- Simple to digest, easy to utilize
- The perfect solution: **FRUIT!**

Dinner

- As the pre-workout was based on carbs, the post workout must contain protein and fats
- Utilize super foods like broccoli
- Proteins like salmon and chicken

X Bed

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