

Tournament Menu Plan Activity

Sample Tournament Menu Plan:

Time	Activity	Food and Drinks
6:00 AM		Breakfast: 400 mL (1 ½ cups) water 1 bran muffin and 50 g (1 ½ oz) cheese 250 mL (1 cup) grapes
8:00 AM	1 hour Game	During Activity: 500 mL (2 cups) water
9:00 to 9:30 AM		After Game Snack: 250–500 mL (1–2 cups) water 1 medium banana 175 g (¾ cup) container of low fat yogurt
12:00 PM		Lunch: 6" sub on whole wheat, lean meats 75 g (2 ½ oz) and vegetables 250 mL (1 cup) Sliced medium apple 500 mL (2 cups) skim milk
2:00 PM	Athlete has a nervous stomach	Pre-game Snack: 250 mL (1 cup) of fruit smoothie
4:00 PM	1 hour game	During Activity: 500 mL (2 cups) water



Time	Activity	Food and Drinks
5:00 to 5:30 PM		After Game Snack: 30 g (1 oz) cheese string 200 mL (6 oz) 100% fruit juice box 250–500 mL (1–2 cups) water
7:00 PM		Refuel Supper: 75 g (2 ½ oz) Chicken breast with 50 g (1 ½ oz) cheese 250 mL (1 cup) of rice 250 mL (1 cup) of vegetables 250–500 mL (1–2 cups) water

