



HIGH SCHOOL ATHLETES

FUEL. HYDRATE.

PERFORM. RECOVER.



— **EVERY DAY. EVERY REP. EVERY PLAY.** —

HYDRATION = PERFORMANCE

Your body needs fluids to stay cool, focused and strong.

**CARRY YOUR WATER BOTTLE
AND DRINK OFTEN!**

BEFORE



Drink 16–20 oz
of water
2 hours before
practice.

DURING



Sip water
consistently
throughout
practice.

AFTER



Rehydrate with
16–24 oz of water
after practice to
recover.



STAY HYDRATED. STAY STRONG. STAY AHEAD.

EAT TO FUEL YOUR PERFORMANCE



BREAKFAST: START STRONG!

Fuel your body first thing in the morning with protein + carbs + fluids.

DON'T SKIP BREAKFAST!



**EGG & HAM SANDWICH
+ MILK**



**HAM & CHEESE SANDWICH
+ MILK**



**PEANUT BUTTER & JELLY
SANDWICH + MILK**

GRAB-N-GO IDEAS



LUNCH: POWER YOUR PRACTICE!

Eat a balanced lunch 2–3 hours before practice with quality protein, carbohydrates and vegetables.



**STIR-FRY CHICKEN
& VEGETABLES**



**CHICKEN BURRITO BOWL
(RICE, BEANS, VEGGIES)**



**GRILLED CHICKEN,
SWEET POTATOES
& GREEN BEANS**

LUNCH IDEAS

ADDITIONAL TIPS FOR SUCCESS



**BRING YOUR
WATER BOTTLE
EVERY DAY.**



**EAT REAL FOOD.
AVOID HIGH
SUGAR SNACKS.**



**SLEEP WELL.
REST IS PART OF
YOUR TRAINING.**



**FUEL RIGHT.
PERFORM
AT YOUR BEST.**



**REFUEL AFTER
PRACTICE WITH
A BALANCED
SNACK OR MEAL.**

PINNACLE
HEALTH + WELLNESS

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RECOVER.**



Information is for educational purposes only. For a personalized nutrition plan (health insurance accepted), presentations, or online content creation contact Sue at pinnacle4health.com, 2026.