

What you eat matters...

- What you eat **before** your workout is crucial for fueling the workout itself and maximizing your performance. It needs to be the right mix of simple carbs, complex carbs and protein for instant and prolonged energy.
- What you eat **after** your workout is critical for optimizing the recovery process (which begins as soon as your workout ends.) This ensures that your body has all of the supplies it needs in order to recover, adapt and strengthen.

FAQ's

1. Why these snacks?
 - Before practice: Honey Stinger energy bar. Honey Stinger is an all-natural energy bar designed to be used as a pre-workout snack. The bars use whole grains, protein, and honey for steady energy that is easy on the stomach.
 - After practice: chocolate milk and trail mix or a Clif Bar. The carbs and protein found in this combination have an optimized carb to protein ratio, which helps in muscle recovery and replenishment of glycogen stores.
2. Chocolate milk...really?
 - Study after study has shown chocolate milk to be an ideal post-workout beverage. Chocolate milk provides high quality protein (a combination of whey and casein) for muscle protein synthesis, carbohydrates to replace glycogen stores, and calcium, which is a critical mineral in muscle contraction.
3. What about eating when I get home?
 - Studies show that getting carbs and high quality protein into the body directly following a workout helps the muscles rebuild and replenishes glycogen for the following day's practice. Having a snack available right after practice allows you to consume these nutrients during this critical window.
4. What if I have allergies?
 - If you would like to participate and you are gluten intolerant or allergic to nuts, please contact us for options.

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