

# Meal Template to Maximize Glucose Storage

*Fuel for high intensity exercise*



Don't forget water!!!

## 1. Carbohydrates

- 1 cup white rice (45 g carbs)
- 1 medium potato (37 g carbs)
- 1 cup quinoa (39 g carbs)
- 1 - 12 inch tortilla (49 g carbs)
- 20 regular crackers (20 g carbs)
- 1 cup chocolate milk (26g carbs)
- 1 small container fruit yogurt (26+ g carbs)
- 1 cup cooked pinto beans (45 g carbs)
- 1 cup spaghetti (47 g carbs)

## 2. High Quality Proteins



- Poultry (chicken, turkey)
- Peanut butter
- Soybeans
- Egg whites
- Beef, lamb, pork
- Fish & shellfish
- Whey protein
- Cow milk
- Combined plant proteins: corn, beans, grains, etc.

## 3. Healthy Fats



- Avocado
- Vegetable
- Fish
- Olive
- Soy
- Nut based

## 4. Put it Together



2.2 pounds/kg

- 2 - 3 days before long duration (>70 minutes), high intensity race or training, aim for 8 - 12 grams of carbs/kg body weight PER day.
- Add protein of choice (3 - 5 ounces/meal), and small amounts of healthy fats.
- Add snacks (carbs and protein) to meet increased energy demands.

