

PRE COMP MEAL CHEAT SHEET



IT STARTS 48HRS BEFORE

- HYDRATION AT THIS TIME IS CRUCIAL! I RECOMMEND THE FOLLOWING!
 - MAKE SURE YOU DRINK PLENTY OF WATER AND CONSUME ENOUGH SODIUM 48HRS BEFORE.
 - YOUR BODY CAN BURN THROUGH THE RESERVE OF WATER YOU HAVE VERY QUICKLY
- HERE'S HOW YOU SHOULD BE CALCULATING WATER. YOU WANT TO CONSUME ABOUT 1 OZ PER KILOGRAM OF BODY WEIGHT. THIS IS AN ESTIMATION SO ALWAYS USE A URINE CHART TO SEE IF YOU NEED MORE OR LESS.
- PRO TIP: BECAUSE WE ARE HEADING INTO THE WINTER MONTHS, MANY OF YOU HAVE TO DEAL WITH THE HEATING SYSTEMS BEING ON WHICH DRY OUT THE AIR MUCH QUICKER SO INCREASING WATER CONSUMPTION IS IMPORTANT.

GAME DAY:

4HRS PRIOR

- THIS IS THE LAST HEAVY PROTEIN TO HAVE. HERE YOU CAN CONSUME FOOD LIKE:

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| ✓ STEAK (4-6 OZ) | ✓ 1 CUP BAKED SWEET POTATOES |
| ✓ CHICKEN (4-6 OZ) | ✓ GRILLED VEGGIES AS A SIDE*** |
| ✓ FISH (4-6 OZ) | ✓ FRUIT SALAD AS A SIDE*** |
| ✓ EGGS (2-3) | ✓ PROTEIN SMOOTHIE (FROM MEAL GUIDE) |

2HRS PRIOR

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| ✓ PEANUT BUTTER AND JELLY SANDWICH | ✓ NUT BUTTER AND TOAST WITH BANANA |
| ✓ FRUITS SMOOTHIE | ✓ FRUITS SMOOTHIE |
| ✓ DICED APPLE AND ALMOND BUTTER | ✓ BEANS SALAD |

1HRS PRIOR

- | | | |
|----------|----------------|-------------------|
| ✓ BANANA | ✓ DRIED FRUITS | ✓ GATORADE |
| ✓ ORANGE | ✓ APPLE SAUCE | ✓ TOAST AND HONEY |

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