

⚡ Fueling Up for Soccer: Snacks & Meals for Before, During, and After

Playing soccer takes a lot of energy, kind of like a car using gas. The food you eat is your fuel! Choosing the right snacks and meals can help you run faster, play harder, and recover more quickly.

Let's break it down:

🕒 Before Practice or Games

Think: "Quick fuel to get me moving!"

• 1–2 hours before:

- Turkey or peanut butter sandwich on whole wheat bread 🍞🥪
- Yogurt with fruit and a sprinkle of granola 🍓🍌
- Cheese stick with crackers 🧀
- Banana with a little peanut butter 🍌🥜
- Oatmeal with milk 🥣

• 30 minutes before (if you're hungry):

- Applesauce cup or pouch 🍏
- A few pretzels 🍪
- Granola bar 🍌

👉 Tip: Avoid super greasy or heavy foods (like fries or pizza) right before — you don't want a tummy ache on the field!

💧 During Practice or Games

Think: "Keep my tank from running empty."

- **Water is #1!** 💧 Drink small sips often.
- If it's a long game or super hot out, sports drinks can help fuel energy and replace electrolytes lost in sweat.
- Quick bites (only if you need extra fuel):

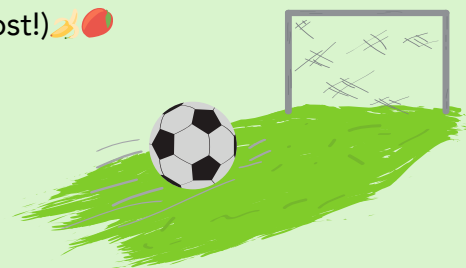
- Orange slices 🍊
- A few grapes 🍇
- Half a granola bar 🍌

🏁 After Practice or Games

Think: "Refuel and repair my muscles."

You need **protein + carbs** to recharge your body.

- Chocolate milk or protein shake (a soccer player's classic!) 🥛🍌
- Turkey or chicken wrap with veggies 🍗🥬
- Smoothie with yogurt, milk, and fruit (add spinach for extra boost!) 🥤🍌🍓
- Cheese and whole grain crackers 🧀
- Peanut butter and banana sandwich 🍌🍌🍞
- Hard-boiled eggs and whole wheat toast 🍳🍞
- Dry-roasted edamame 🥬
- Trail mix with dried fruit/raisins and nuts 🥜🍌
- Hummus or guacamole with veggies 🥑🥬



👉 Try to eat within 30–60 minutes after playing to help your muscles recover faster.

Soccer Fuel Superstars

- **Carbs = Energy** (bread, fruit, pasta, rice, granola, crackers)
- **Protein = Strong Muscles** (meat, beans, eggs, cheese, nuts, Greek yogurt)
- **Fluids = Stay Cool & Hydrated** (water and sports drinks for long practices, games, or tournaments, especially in the heat)

💡 **Fun Tip:** Pack your soccer bag with snacks just like you pack your cleats—be ready to fuel your body for game time!

Supporting Supplements

If there are days when you don't get enough fruits and vegetables, protein, or essential nutrients like calcium, vitamin D, or iron, supplementation is recommended....with quality products such as Shaklee's



Vita-D3® supports bone, heart; overall health and immunity.



Chewable Cal Mag Plus; for growing bones.



Iron Plus C Complex

....and for Hydration.



Performance® Endurance Electrolyte Drink
Supports optimal hydration and increases endurance for better athletic performance.

....and for protein



Performance® Advanced Physique® 100% Grass-Fed Whey Protein
To recover, repair and build lean muscle faster.

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