

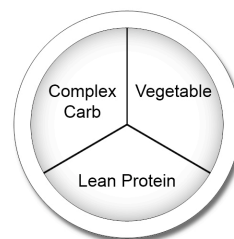
ENDEAVOR

SPORTS PERFORMANCE

Training Nutrition Guidelines

Time: 1-2 Hours Pre-Training

Eat a complete meal consisting of a lean protein source, vegetable, and complex carbohydrate.* Divide dinner plate into thirds. Fill each third with the above food sources.



Time: 30-Mintes Pre-Training through Training Session

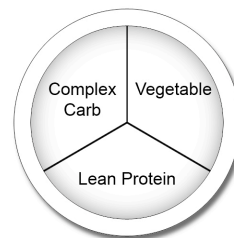
Mix 1 Generation UCAN Protein Packet into a 16-20 oz bottle of water and sip on it throughout the training session. This provides the body a healthy supply of carbohydrates and protein to provide a rich source of energy in a form that also facilitates both muscle recovery and fat burning.

Time: Immediately Post-Training

Consume either a second Generation UCAN Protein Packet mixed with 16-20 oz of water or a 16 oz bottle of chocolate milk. This further facilitates replenishment of depleted energy stores, enhances protein building (muscle recovery and growth), and improves overall recovery, allowing the athlete to train, practice, and play at a higher level, continuously throughout the week.

Time: 1 Hour Post-Training

Eat a complete meal consisting of a lean protein source, vegetable, and complex carbohydrate.* Divide dinner plate into thirds. Fill each third with the above food sources.



***Examples of Quality Food Choices**

Lean Protein	Vegetable	Complex Carbohydrate
Chicken	Broccoli	Quinoa
Turkey	Spinach	Irish (Steel Cut) Oatmeal
Lean Red Meat	Carrots	Sprouted Grain Products
Ham	Peppers	Beans/Lentils
Whole Eggs	Cucumbers	Whole Grain Pasta
Buffalo	Green Beans	Couscous
Tuna	Asparagus	Yams
Salmon	Peas	
Low-Fat Yogurt (Greek)		

Time: Throughout Day

Consume one serving of a quality greens supplement (e.g. Greens+; www.Amazon.com), and 1-2g of Combined EPA & DHA in the form of Fish Oil (e.g. Carlson Lab's Very Fines Fish Oil; www.Vitacost.com).