



**HOCKEYSNACKS**



**FUEL FOR  
PERFORMANCE**

## GO-TO MEALS & SNACKS



### 3-4 HOURS BEFORE

Chicken, rice, broccoli

Pasta with meatballs

Buddha bowl

Eggs, toast, avocado

### 2 HOURS BEFORE

Fruit parfait

Energy Bites and milk

Cereal and fruit

Potato/rice

English Muffin

### 1 HOUR BEFORE

Pre-Game smoothie

Fresh fruit

Dried fruit

Applesauce

Crackers/Pretzels

# PRE-GAME

## REMEMBER:

- **PROTEIN & FATS EARLIER IN THE DAY**
- **CARBOHYDRATES FOR ENERGY**
- **REDUCE PROTEIN, FATS & FIBRE CLOSER TO ACTIVITY**
- **HYDRATION**
- **CARBOHYDRATES ONE HOUR BEFORE**

## WHAT TO AVOID:

- **HIGH SUGAR BEVERAGES/FOODS**
- **CAFFEINE**
- **HIGH PROTEIN/FIBRE**
- **HIGH FAT, PROCESSED FOODS (PIZZA, FRENCH FRIES, DONUTS, ETC)**

## GO-TO MEALS & SNACKS



### 1 HOUR AFTER

Post-Game Smoothie

Milk

Trail Mix

Energy Bites

Turkey sandwich

Cottage Cheese + fruit

Avocado Toast

Crackers + Tuna

### 2-3 HOURS AFTER

Oatmeal with fruit

Pasta + Chicken

Veggies/Pretzels

+ hummus

### FAVOURITE SNACKS

# POST-GAME

## REMEMBER:

- **PROTEIN FOR MUSCLE RECOVERY & REPAIR**
- **CARBOHYDRATES FOR ENERGY STORES**
- **FATS TO AID INFLAMMATION**
- **HYDRATION**

## WHAT TO AVOID:

- **SKIPPING POST-GAME SNACKS**



**HOCKEY SNACKS**

# ENERGY BITES

## INGREDIENTS:

- 1/2 CUP PEANUT BUTTER/ALTERNATIVE
- 1/4 CUP MAPLE SYRUP
- 1 CUP ROLLED OATS
- 1/4 CUP HEMP HEARTS

## DIRECTIONS:

- MIX NUT BUTTER & MAPLE SYRUP
- ADD OATS & HEMP HEARTS
- ADD ANY ADDITIONAL INGREDIENTS
- MAKE INTO GOLF-BALL SIZED BALLS
- ENJOY!



# GAME CHANGER

## INCLUDES:

- SNACKS TO FUEL MORE WINS
- SMOOTHIES TO FUEL MORE WINS
- GAME DAY BREAKFASTS
- PRE-GAME MEALS & SNACKS
- POST-GAME MEALS & SNACKS

GET 10% OFF

# GAME10

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# SEANNA THOMAS



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