



SUBJECT MOTORSPORTS

Subject Motorsports Race Day Meal Plan

Evening before Race Day

Pasta with Meat Sauce or lean beef, veal, lasagna, fish
Spinach, broccoli, cauliflower
Salads

Race Day Menu

Start with an early breakfast
No protein (eggs) in the morning!!
No caffeine (tea or coffee)
Pancakes or Waffles (no syrup)
Cereal
Fruit

Hydrate – lots of water and Gatorade during the day

Two to three hours before each race

- One apple
- One banana
- Peanut Butter on 12 grain Bread
- Small pasta salad

Fifteen minutes before the start

- 250 to 500ml of Gatorade

After the race

- 500 to 1000 ml of Gatorade in the 30 minutes immediately after racing.

Food at the track – many small meals during the course of the day

- Apples, bananas, grapes
- Babybell cheese
- Canned salmon/canned tuna
- Cereal bars
- Vinegar based coleslaw
- Fruit cups
- Gatorade – small size and water – 300 ml
- Nuts – cashews
- Pate/potted meats
- Seven grain salad