



HOCKEY GAME DAY NUTRITION

“CHEAT SHEET”

PHASE 1: 1-3HRS PRIOR TO GAME

- 1-1.5 : 1 ratio of low glycemic index carbohydrates to protein
- Example for men: 1-1.5 cups of brown rice, 6oz chicken breast, 1 cup of vegetables.
- Example for women: ½-1 cup of brown rice, 4oz chicken breast, 1 cup of vegetables.
- Consume plenty of water with this meal

PHASE 2: 30-45MINS PRIOR TO GAME

- Optional phase if you want to take supplementation that meets the specific energy and endurance demands to support hockey performance
- Citrulline Malate and Beta Alanine are excellent stimulant-free options
- Caffeine + L-theanine is an excellent stimulant-based combination

PHASE 3: DURING HOCKEY GAME

- 20-40g of carbohydrate powder + 10-15g of whey protein isolate (or) 20-40g of carbohydrate powder + 5-10g of free form amino acids
- Women stick to the lower end of the ranges, men stick to the middle/high end
- Mix solution with plenty of water

PHASE 4: IMMEDIATELY POST-GAME

- 1g/kg of body weight of carbohydrate powder + 0.5g/kg of body weight of whey isolate
- Example: 80kg (176lbs) body weight would consume 80g post-game carbohydrates + 40g whey isolate
- During playoffs and tournaments, add 5-10g of L-Glutamine to this post-game shake

PRODUCT RECOMMENDATIONS

- Carbohydrate powder: [ATP Pentacarb](#)
- Whey protein isolate: [ATP whey isolate](#)
- EAAs: [ATP EAAs](#)



YOUTH HOCKEY GAME DAY NUTRITION “CHEAT SHEET”

PHASE 1: 1-3HRS PRIOR TO GAME

- 1-2:1 ratio of low glycemic index carbohydrates to protein
- Example #1 (1:1 ratio): 2-3oz chicken breast, ½ cup rice, 1 cup green vegetables
- Example #2 (2:1 ratio): ½ cup flavored Greek yogurt, small handful of berries added to yogurt
- ~5-8oz of water

PHASE 2: 15MINS PRIOR TO GAME

- ~5-8oz of water

PHASE 3: DURING HOCKEY GAME

- ~5-8oz of water (or) a sports drink such as [ATP Pentacarb](#) every 20mins

PHASE 4: POST-GAME

- 2:1 ratio of low glycemic index carbohydrates to protein
- Example #1: 1 cup of pasta, 2-3oz of ground beef in it, add vegetables and tomato sauce
- Example #2: Two slices of whole grain bread, 2-3oz of turkey, add vegetables
- Example #3: Fruit smoothie recipe with 1 whole fruit + ½ scoop whey protein

PRODUCT RECOMMENDATIONS

- Carbohydrate powder: [ATP Pentacarb](#)
- Whey protein isolate: [ATP whey isolate](#)

*Due to youth athletes being much smaller in size as well as partaking in practices/games that are both less intense and less duration than an adult their needs are significantly lower.