You cannot drive a car on an empty tank

Outplaying your opponents does not guarantee you the win if you cannot outlast them. By maximize pre-game glycogen stores (powered by carbohydrates) your players can sustain the energy they need to power through Game 1 into Game 2 and a successful weekend.

Play ahead and execute your science based bulletproof fueling plan

NO SURPRISES - PLAN THE FUEL STOPS

Keep players fed

In the 24hrs prior to game #1 maintain high carbohydrate loads through regular snacking and carb centric lunch and dinners.

Game day #1 we top up the players energy tanks with strategic snacking built around 2 pre-game meals (breakfast & pre-game meal).

Preparation for Game Day #2 starts immediately (within 30-mins) of the end of game 1. A protein centric snack (8-12oz milk or protein shake) is followed with in 90-120 minutes with a carb heavy meal designed to replenish glycogen stores for Game Day #2.

DO

- Front-load carbs early in the day when there's more digestion time
- Keep electrolytes going throughout both games, not just water
- Stick to familiar, tested foods on game days — no experiments

DON'T

- Introduce high-fat or high-fiber foods within 3–4 hours of puck drop
- Skip the overnight recovery meal — this is where Game 2 is won or lost
- Rely on caffeine or energy drinks as a substitute for carbohydrate

Fuel for Work

One template, run three times.

GAME DAY –1 · THURSDAY Put fuel in the tank

8:00 AM	Oatmeal with banana, honey, Greek yogurt. Orange juice.
10:00 AM	Bagel with jam, fruit, sports drink or chocolate milk.
12:30 PM	Chicken, large white rice, vegetables, roll, fruit. Volume, not bulk.
3:30 PM	Rice cakes with peanut butter and honey. Pretzels, sports drink.
6:30 PM	Pasta with lean meat sauce or salmon, bread, salad. Last big carb push.
9:00 PM	Cereal with milk or toast with jam. No alcohol or late caffeine.

GAME DAY 1 · FRIDAY Top up the tank

8:30AM	Oatmeal breakfast with banana and a carb sports drink.
10:30 AM	Bagel with jam, fruit, sports drink or chocolate milk.
12:30 PM	Banana & 12oz Carb based sports drink or fruit juice (low pulp)
2:30 PM Team Lunch	Lunch: 4–6 oz chicken, 1–2 cups rice or pasta, vegetables, juice. Sauce on the side - avoid cream sauces
–90 min pre-game	Banana and granola bar, or toast with honey. Start electrolytes.
–30 min pre-game	Simple carbs if wanted: dried fruit, sips of sports drink or juice.
Between Periods	Sports drink continuously. Quick sugars: orange slices, banana, dates, gel.
+30 min post game	**Golden window: chocolate milk or a 3:1–4:1 shake, before anything else.**

Post game (+1–2 hrs)	**Home**: carb-forward meal, lean protein, vegetables, electrolyte fluids. **Road**: Supplement the host team provided sandwich or pizza with a high carb (milk/ice cream) & protein shake or 2nd chocolate milk and sandwich

OVERNIGHT BRIDGE Hydrate before bed and on waking.

GAME DAY 2 · SATURDAY Re-fuel & go again

Morning	Repeat Friday: 9 AM oatmeal, 11 AM bagel, 1 PM banana and carb drink.
Pre-game	2:30 PM lunch, –90 min snack, –30 min carbs. Low fat, low fiber, nothing new.
In game	Electrolytes throughout, quick sugars between periods. GI comfort first.
Post-game	Recovery drink within 30 minutes, then the carb-forward meal, or a shake for the bus home.

The plan is the performance. Decide the food before the weekend starts.