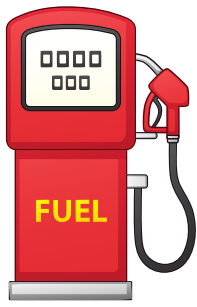


OPTIMAL NUTRITION PREP FOR PLANT PANTHERS



CARBS

The main source of energy for performance and helps maintain intensity during competition.



PROTEIN

Repairs and builds muscle for optimal recovery.



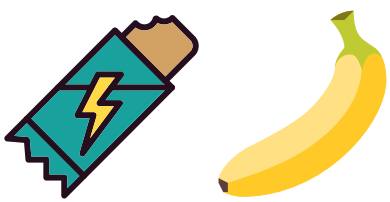
HYDRATION

The average athlete loses 1-3L sweat/hour of exercise. Losing 2% of weight during a workout can impair performance.



PRE WORKOUT

Fuel your body with a carb source 30-60 minutes before exercise.



Drink 32 oz of water or a sports drink.



DURING WORKOUT

If exercise is longer than an hour, consume quick carbs every hour.



Drink fluids throughout exercise.



RECOVERY

Repair muscles with 20-30g of protein.



Refuel with carbohydrates.



Drink 16-24 oz for every lb lost during exercise.