

A collage of various healthy foods including fruits, vegetables, grains, and proteins. The background features a variety of items such as bananas, grapes, apples, oranges, almonds, quinoa, lentils, beans, and whole grains, all arranged in a visually appealing manner.

MEET DAY FOOD CHEAT SHEET

By
Solana Lewis

BS- Exercise Science
USAPL Powerlifting Coach
PT- NFPT
PN-L1
Certified Macro Coach

What is the main goal of meet day nutrition?

To eat foods that will fuel you for your lifts!

And that is why it is ideal to prioritize macronutrients in this order:

- 1) Carbohydrates
- 2) Protein
- 3) Fats

And why is that?

Let's start with carbohydrates:

Carbohydrates are the best fuel source for a high intensity sport such as powerlifting. And why is that? Because our bodies turn carbohydrates into glucose!

And glucose is the energy source that our bodies use for high intensity strength training.

So when we fuel our bodies with carbohydrates, we are literally giving our body exactly what it needs to give us the energy for a heavy squat, bench and deadlift!

Next is Protein...

Protein is satiating, especially in comparison to carbohydrates. So on meet day, having some protein is definitely a good idea even though we may not be necessarily aiming to hit our usual protein macros for that day (if you track your macros in general, you can take the day off from tracking on meet day btw, at least I recommend it).

Fats...

Good ol' fats. We love them, but we need to keep them on the lower end on meet day. Fats are the slowest digesting macronutrient, and since they slow down digestion, we ideally want to eat less of them during our training window (before, during and after training). Since you are competing for a few hours, eating foods that have lower fat is ideal for you to get energy quickly and to stay fueled and ready for meet day.

Fiber...

Fiber is a carbohydrate and there are 2 type of fiber, insoluble and soluble. Insoluble fiber takes longer to digest and along with that, it helps you poop! Which is great for your overall health but on meet day you want to keep that insoluble fiber on the low end, trust me. Insoluble fiber is mostly found in whole grains and vegetables, and you will notice that neither of these foods make it to the meet day food cheat list.

Okay! Now that we have an understanding of what macros to prioritize, let's dive into some foods to help you have a solid meet!

Food ideas for meet day!

Here is a carb list of quicker digesting carbs that tend to digest easily for meet day:

- ☐ Bagels
- ☐ English muffins
- ☐ White rice
- ☐ White Potato
- ☐ Fruits w/ low fiber (bananas, oranges, pineapple, etc...)
- ☐ Pretzels
- ☐ Crackers or animal cookies
- ☐ Rice cakes
- ☐ Candy (gummies for example are all carbs but don't make this your main carb source for the day)
- ☐ Granola Bars/ Clif bars
- ☐ Low fat popcorn

Proteins:

- ☐ Protein bars/ protein shake
- ☐ Lean meats (chicken, lean ground turkey, lean beef, etc...)
- ☐ Lean veggie meat
- ☐ Eggs/ egg whites

Carbs & Proteins w/ Fats (so long as we don't make this the only/main fuel source):

- ☐ Peanut Butter crackers
- ☐ Peanut butter & jelly sandwich (1-2 not 5 or 6 y'all calm down)
- ☐ Eggs with egg whites
- ☐ Baked Potato Chips

Hydration & Caffeination:

- ☐ Water
- ☐ Pedialyte or a gatorade
- ☐ Caffeine source of choice and bring extra