

Tips for Female Athletes

Breakfast



**Turkey egg cheese tomato
bagel + grapes
+ water/milk
*Fuel your DAY Strong!**

Lunch



**Grilled chicken rice veggie
bowl, apple, pretzels & water
*600 kcal to support
afternoon training**

@Nutrition_with_Wendi



2 Quality snacks between meals

- Fruit cup + string cheese
- Greek yogurt oat parfait
- Pretzels + hummus or Rx protein bar



**Post-workout
chocolate milk +
creatine + banana!
3:1 CHO protein ratio**



**100 oz of fluid daily
Sleep 7-9 hours
3 balanced meals
2 snacks
RECOVERY IS KEY!**

Nutrition And The Female Athlete

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Nutrition And The Female Athlete:

Nutrition And The Female Athlete Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Nutrition And The Female Athlete**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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