



EAT FROM THIS LIST 4 PERFORMANCE

ENERGIZERS



Oats **H** Buckwheat Rice
Pasta **H** Bulgur Corn
Quinoa **H** Millet Potatoes **H**
Bread **H** Wild Rice Sweet Potatoes
Wheat Berries **H** Barley

ENERGIZERS FOR IN-PLAY



Juice mixed with water Fruit superfoods + water

ENERGIZER SUPERFOODS



Apples Banana Pomegranate
Dates Melons Pineapple
Oranges Cherries Raisins
Pears Kiwi Grapes
Berries Plum Grapefruit
Mango Papaya

LEGUMES!



THE ULTIMATE PERFORMANCE FOOD:

Black Beans, White Beans **H**, Chickpeas **H**
Kidney Beans, Pinto Beans, Lentils **H**

SUPERFOODS



IMMUNITY ENFORCER

Cucumber
Zucchini
String Beans
Cauliflower
Eggplant
Cabbage
Brussels Sprout
Onion
Leeks
Peas
Broccoli
Asparagus
Squash
Turnip

SPRINT ENDURANCE

Celery
Dark Leafy Greens **H**
Red Beetroot
Arugula

BONE STRENGTH

Mushrooms
Spinach **H**
Dark Leafy Greens **H**

SUPERFOOD FATS (+++)

Pumpkin Seeds **H**
Sesame Seeds
Walnuts
Chia Seeds
Flaxseeds
Hemp Seeds

PERIPHERAL VISION

Carrots
Tomatoes
Bok Choy
Pumpkin
Red Peppers

SUPERFOODS FLAVOR BLASTS

Mint Garlic Mustard
Lemons & Limes Ginger Basil
Cinnamon Turmeric
Cocoa Vanilla

HOW TO USE THE EAT4 PERFORMANCE FOODS LIST

Choose the foods you like to eat from each category. Make meals from the **energizers** + **muscle builders** + **superfoods**. Make energizing snacks from **energizers** and filling snacks from **superfoods** or **muscle builders**.

Keep in-play energizers for times when you need the extra energy right before, during, or right after your sport.

LEGEND

H = Source of iron, the power to **RESTORE YOU**

+ = There are significant amounts of hidden fats in that food. Fat is slow to digest.

MUSCLE BUILDERS



PLANT MUSCLE BUILDERS

Soy: Edamame, Tofu
Nuts (+++): Almonds, Peanuts, Peanut Butter
Seeds (++): **H**: Pumpkin, Squash Seeds

ANIMAL MUSCLE BUILDERS

Eggs (+)
Chicken or Turkey
White fish*: Tuna, Tilapia,
Omega-3 Rich Fish* (+): Trout, Salmon, Sardines, Mackerel,
Seafood*: Nordic Shrimp, Scallops, Mussels, Oysters
Lean Beef (+) **H**
Lean Lamb (+)

*Find sustainably caught
fish and seafood at
SEAFOODWATCH.ORG

SUPPLEMENTAL FOODS

Learn to master when to eat supplemental foods in the Eat This for Performance membership. These foods are not "good" or "bad" but need to be understood to be used effectively.

Sports Drinks, Sugar, Honey, Maple Syrup, Agave, Milks, Yogourts, Cheese, Oils, Cereals, Bars, Powders, Shakes

eat this unlocks sports nutrition
for performance

→ Head to EatThisForPerformance.com