



**COMPETITION**

**NUTRITION**

**GUIDE**

POWERED BY  
**REBEL**  
NUTRITION

# WELCOME TO REBEL NUTRITION!

Hey athletes,

Big congrats on your upcoming competition! My name is Louise, head coach of Rebel Nutrition - an online nutrition coaching company that helps athletes perfect their performance nutrition and prepare competition-ready meal plans for their time on the floor.

As athletes ourselves, know that if we're spending a lot of time in the box but not thinking about the food that is fueling that work, we're leaving a lot of gains on the table.

So today, we are looking at game-day nutrition: what are we doing to prepare? What should we be thinking about before, during and after? Over the next few pages, we'll cover all of it.

One of the biggest factors that make or break your competition performance is how you fuel your body throughout the day, and the last thing you want is your nutrition holding you back after all the hard work you've invested.

On that note, here's what you need to know about eating for your best competition yet!





# NUTRITION

## MACRONUTRIENTS

The foods we eat to fuel our workouts are made up of 3 macronutrients: protein, carbohydrates and fats. Occasionally a food is one or the other, but more often it is a combination of all 3 in different amounts. Here is a little bit about how we use those macronutrients during a workout:

**CARBOHYDRATES** are your brain and body's primary energy source and your best friend during competition - they are the fuel to your fire. Carbs are stored in your muscles as glycogen and eating enough of them in the right proportion will keep your muscles feeling strong and fresh through the exertion ahead.

Sources include: fruits, vegetables, bread, rice, potatoes, oats and pasta.

**PROTEIN** is our building block macronutrient and it plays a major role in building strength in the gym and muscle recovery on your rest days. If you want to be strong and invincible for a competition, it's a top priority to make sure you're getting enough protein day to day. And during the competition, they can also help you to bounce back from the physically demanding workouts thrown at you!

Sources include: chicken, beef, fish, eggs, kwark, tofu & protein powders.

**FATS** are essential to our health: we use dietary fat for the growth and development of cells, providing energy and transporting and absorbing vitamins, amongst other very important functions. But - while critical in our day-to-day, fats slow the digestion and use of those carbs you're eating for fuel, so they are not so helpful during competition day itself.

Sources include: oil, nuts, cheese, avocado and peanut butter.



**COMPETITION TIP:** While you don't need to avoid every single gram of fat on competition day - the bit that comes with your carbs is fine! - try to avoid bringing fat-dominant foods like those listed above.

# NUTRITION

## MORE ON CARBS

And now a little more about carbs, because when it comes to competition, they really are the star of the show. It's not about whether to carb or not to carb in sports nutrition, it's about matching the type and amount of carbs to the type and amount of training you're doing.


That is to say that carbs come in different types, and we can use their characteristics to maximize what they can do for us.

For example, in day-to-day life, we generally want to prioritize slower-digesting carbs that keep us feeling fuller longer and keep our energy balanced over a longer period of time. These 'everyday carbs' are things like whole grain bread and pasta, as well as things like quinoa, beans and high-fibre fruits and vegetables.

But before and between fitness events, we want to fill up on quick-digesting carbs that go to work fast to replenish energy to light a fast fire for your next event. In that case, we want to reach for 'performance carbs' like bananas, white bread and instant oats, for example.

Consider making yourself a **COMPETITION GROCERY LIST** so that you're not wandering the grocery store aisles the day before the event. Think about prioritizing energy-ready carbs like:

- White bread & crackers
- Dry breakfast cereal
- Melons
- Bananas
- Pre-made pancakes
- Instant oatmeal
- Fruit juice & smoothies
- Rice cakes

 **COMPETITION TIP:** It takes 24+ hours to refill your body's glycogen stores, which means that if you want to be "topped off" for your first event, you need to make sure you're eating enough carbs 24-48 hours prior to the event - not just on the day itself!



# GAME DAY MEAL TIMING

Whether you're competing first thing in the morning or under those "Friday Night Lights", dialling in your meal timing will give you an edge. Here is an example meal plan for a multi-event competition day:

## PRE-COMPETITION (2-4 hours before): EAT A GOOD BREAKFAST

Once we get to the venue, it's not uncommon to feel some nerves and lose our morning appetite. Start your day off strong with a significant source of carbs, some protein and a little fat about 3 hours before your first event.

Examples: Oatmeal with berries and a peanut butter and a protein smoothie or scrambled eggs and tomato on a bagel.

## DURING COMPETITION: HERE'S WHERE THOSE CARBS COME IN

30-60 minutes out from each event we want an energy top-up, but with less time to digest, stick to those quick 'performance carbs' that can get to work in your system right away: how about a banana, melon or some juice.

Immediately after every event, consider refuelling as quickly as possible to give yourself the longest possible time to digest and let it work for you.

Examples: Another serving of oatmeal with berries, a pre-made pancake with jam or a simple sandwich of white bread, chicken and mustard.

Protein is also a good addition here, but remember to avoid those fats!

## POST-COMPETITION (as soon as it's over): RECOVER LIKE A CHAMP

This meal enhances your recovery for the next day, so if you're doing a multi-day competition, the earlier you refuel, the better! This is a meal closer to your everyday nutrition: a mix of fast and slower-digesting carbs, a good dose of protein and that dietary fat you've been missing so far.

Examples: Grilled chicken with roasted vegetables and potatoes, spaghetti bolognese or a tofu and vegetable stir fry on rice.

# HYDRATION

Before we wrap things up, we wanted to take a quick peek at the benefits of staying well-hydrated during the competition. Because yes, we all know water is great for you, but it can also really boost your performance on the floor.

In short, staying hydrated increases your energy improves your body's ability to move well, supports quicker recovery, helps to regulate your body temperature and increases your mental clarity - all pretty important to executing our event strategies well.

When we're hydrating, water is our leading choice, but you can also add in things like powdered electrolyte supplements, coconut water or produce like watermelon and cucumber to give you a little extra boost.

Kickstart your competition hydration strategy with a few tricks:

**START YOUR DAY STRONG.** As soon as you wake up in the morning, drink a big glass of water to start your day and start the ball rolling.

**BRING A BIG WATERBOTTLE** and carry it with you. Not all venues make it easy or quick to refill a bottle, so we recommend minimizing this extra 'to do' during your already-busy competition day.

**CONSIDER OFFSETTING CAFFEINE.** There tends to be a lot of caffeine around competitions (and for good reason!); if you know that is something you enjoy, consider some \*extra\* water to balance that out.



**COMPETITION TIP:** Stay relatively hydrated throughout the week leading up to the event and make sure you're not thirsty before you go to bed. You can't fix dehydration in one hour, so it's important to have this well managed before competition morning.



# AND MOST IMPORTANTLY...

It's time for our number one competition nutrition tip:

## 11 NOTHING NEW ON GAME DAY!

If you take only one thing away, let it be this: lean on the foods that have served you well during your training and events so far, and avoid anything you haven't tested before on the day itself.

That means:

- No new foods!
- No new supplements!
- No new drinks!

While many foods can be ideal fuel in theory, none of them is worth risking stomach upset before you hit the competition floor.

If you are curious about how a particular food or drink will work for you, remember: training is our learning ground! We spend countless hours practising our skills for the competition and we should be practising our competition nutrition, too.



**COMPETITION TIP:** Use a test day in the weeks leading up to the competition to run through your fueling strategy and ensure that any new food or drink choices you want to use work well for in advance.

---

That's it - it looks like you're ready to hit the competition floor! If you have any additional nutrition questions or would like some support around perfecting your performance nutrition, you can always [get in touch with us here!](#)

**AND IN THE MEANTIME, GOOD LUCK & HAVE SOME FUN OUT THERE!**