Start out at the trailhead with a full tank

Why is balance important?

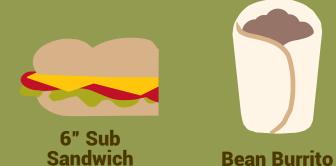
Clean Calories = Clean Fuel Protein builds performance **Carbs: the kindling in your campfire** Fats: the logs in your campfire Keep your energy up and enjoy your adventure

Calories: 300 per hour 300 calories each



Apple





Carbohydrates: 30-60g per hour



Calories: 2600



Smoked Chicken

& Vegetables



Tuna salad

& Crackers





Turkey Burger

Pancakes & Bacon

Stir Fry & Rice

Carbohydrates: 300 grams





Fruit





30g carbohydrates each









16 Dried

Apricots

Protein: 100 grams per day

Oats

Bagel

Quinoa

Sweet Potato

Chocolate Milk



Day After Hike

...to repair & reduce fatigue tomorrow

Huevos

Rancheros

Calories: 2400 **Carbohydrates: 300 grams** Fat: 60 grams **Protein: 80 grams**

Deli Salad

GRAND CANYON Legendary Hospitality by Xanterr **GRANDCANYONLODGES.COM**

2 Tacos

Recommendations based on a 150 pound adult engaging in moderate activity. Adjust as needed. Recommendations prepared by Rachel Alm, Nutritional Therapy Practitioner, **Board Certified in Holistic Nutrition®**

Spaghetti

& Meatballs

Veggie Burger



Authorized Concessioner

4 oz every 15 min during your hike

16-24 oz immediately after your hike

≥100 mg sodium + 200 mg potassium per liter