

# BEFORE

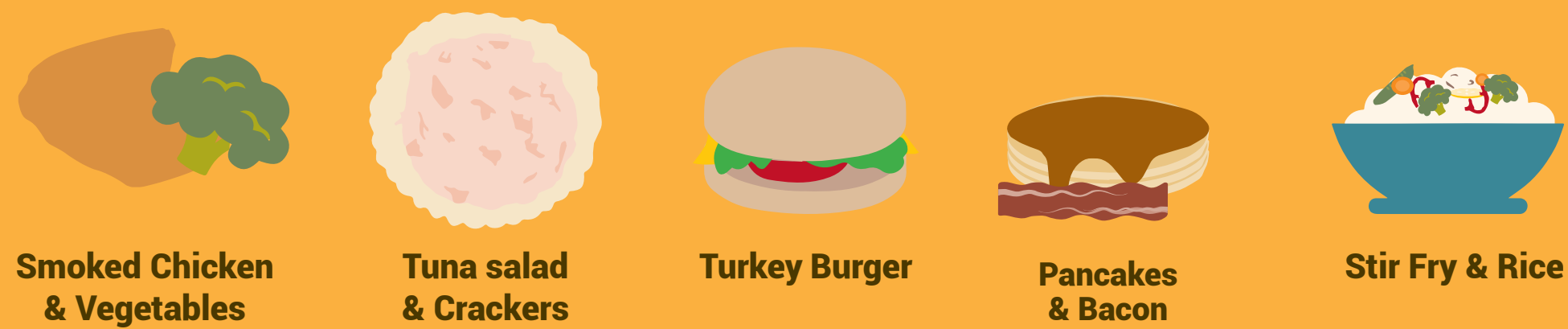
Start out at the trailhead with a full tank

## Why is balance important?

Clean Calories = Clean Fuel  
Protein builds performance

Carbs: the kindling in your campfire  
Fats: the logs in your campfire

## Calories: 2600



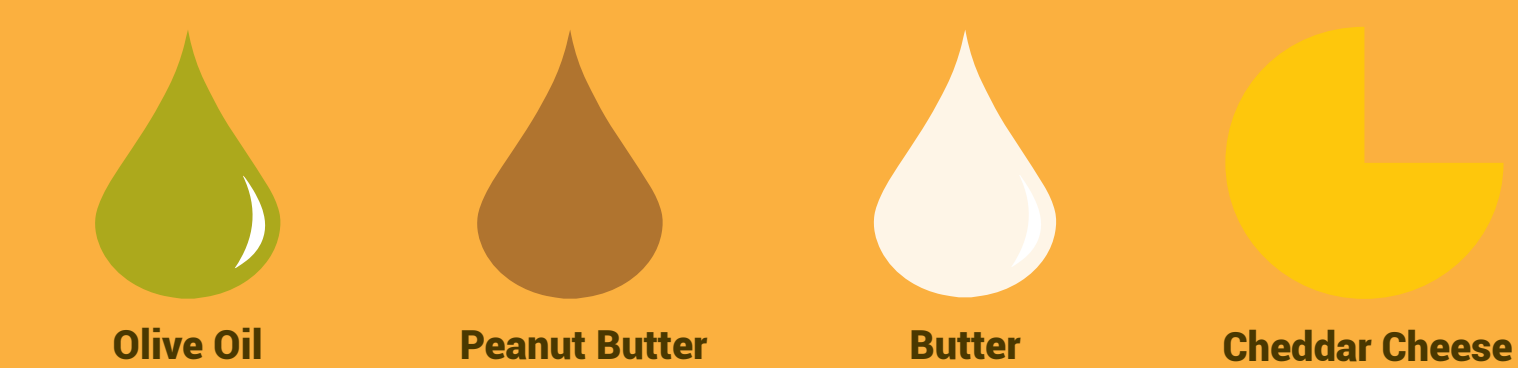
## Carbohydrates: 300 grams



## Protein: 80 grams



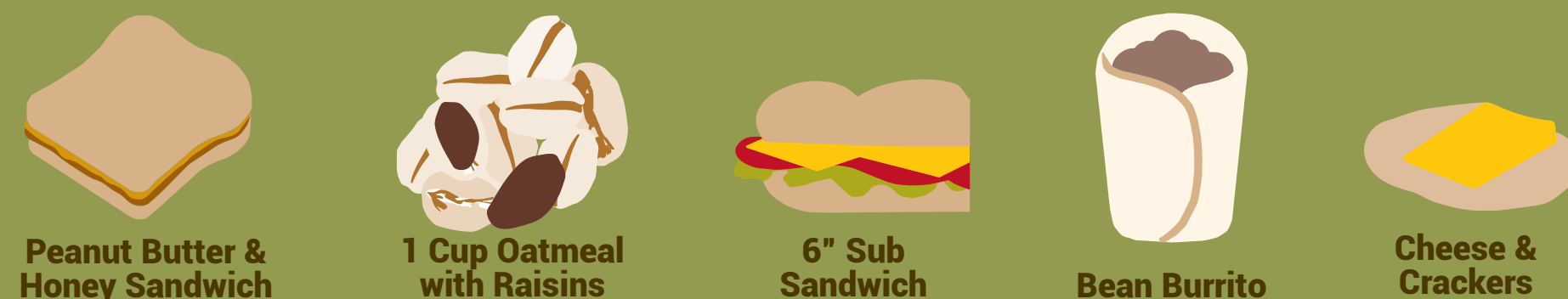
## Fat: 75 grams



# HIKE

Keep your energy up and enjoy your adventure

## Calories: 300 per hour 300 calories each



## Carbohydrates: 30-60g per hour 30g carbohydrates each



## Protein: 100 grams per day



## Fat: 75 grams per day



# RECOVER

## Immediately After Hike

Replenish today...

## Carbohydrates: 60 grams



## Calories: (300 immediately + full meal 2 hours after)



## Day After Hike

...to repair & reduce fatigue tomorrow

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

# WATER & ELECTROLYTES

2+ liters the day before your hike

1 liter prior to your hike

Everything you drink should have electrolytes

4 oz every 15 min during your hike

16-24 oz immediately after your hike

≥100 mg sodium + 200 mg potassium per liter

