



SPORTS NUTRITION GAME PLAN

The **Sports Nutrition Game Plan** is a premier sports nutrition program designed specifically for Texas high schools. If you are looking to take your game to the next level, Texas Beef Council and Sports Dietitian Amy Goodson have partnered together to create a free digital program that provides:

- Sharable and printable educational content (to be used by teams, coaches, and parents)
- Videos (all-inclusive of nutrition, sports nutrition, and cooking demos)
- Meal plans, various types of snack lists, and fueling schedules for all seasons
- Social media - SportsYou (Access Code: UFES-7BR9)
- Short sports nutrition tips for coaches to send to athletes
- Team challenges

Each component of the program is crafted to educate athletes, coaches, trainers, and parents on proper nutrition principles, sports nutrition, and how beef plays a role in fueling training, performance and recovery.



SCAN THE CODE TO
REGISTER TODAY

