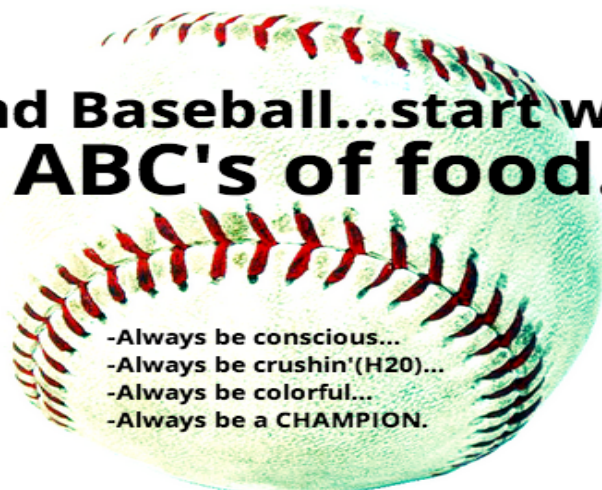


Life...and Baseball...start with food.

ABC's of food...



- Always be conscious...
- Always be crushin'(H2O)...
- Always be colorful...
- Always be a CHAMPION.



What to Drink?

- WATER!** As much as you can all the time. Water is our main fuel. Its is the 100% most important part of being a healthy person & athlete!!
- real fruit/ vegetable juice



Champion food state of mind! What to Eat?

- Avoid microwave whenever possible
- learn to appreciate the cooking process...seed - plate - dishes cleaned.

Fruits

- blueberries
- blackberries
- strawberries
- raspberries
- mulberries
- golden berries
- goji berries
- watermelon
- cantaloupe
- grapes
- bananas
- mangos
- pineapple
- cherries
- oranges
- lime
- coconut



**Best
Fuel!**



Vegetables

- avocado
- broccoli
- brussel Sprouts
- asparagus
- kale
- spinach
- romaine lettuce
- sweet potatoes
- tomatoes
- sprouts
- garlic
- carrots
- onions
- bell peppers
- eggplants
- artichokes
- mushrooms

Meats

- lean ground turkey
- chicken
- red meat

Fish

- salmon
- tuna

Good Carbs

- whole wheat pasta
- quinoa
- orzo
- cous cous
- potatoes

Quality Sugars/Snacks

- mango slices(great inbetween games!)
- real/dark chocolate
- granola bars(try different kinds!)

Beans, Seeds, & Nuts

- black beans
- garbonzo beans
- lentil beans
- raw sunflower seeds
- flaxseeds
- chia seeds
- pumpkin seeds
- almonds
- cashews

Awesome Stuff to Try

- Bee Pollen(careful of allergies)
- Coconut Oil
- hummus
- raw cacao
- cayenne pepper
- seaweed sheets (trader joes)
- dried coconut
- feta cheese
- bruschetta (trader joes)
- Green Drink
- spirulina
- flaxseed oil

EXPERIMENT with New FOOD!

MADE = Motivation, Appreciation Dedication...EVERYday.

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