

## Menu for pre & post exercise

### Menu Before competition:

1. Spaghetti with meatballs, minestrone soup, orange juice
2. Tuna fish sandwich, soy milk, banana
3. Beef with vegetable over rice, honey lemon, orange

### After competition:

1. Within 2 hours of exercise, you need to eat 1.5grams of carbohydrates for each kilogram of your body weight to replace the lost of glucose from your body.
2. If you have no appetite after exercise, you can consume some nutritional drinks.
3. For every 0.5kg of weight loss after exercise, you need to replace 500cc of water.