

# FUELING TACTICAL PERFORMANCE

GARRISON DAYS. PCS CHAOS. FIELD OPS.



## CORE PRINCIPALS OF TACTICAL NUTRITION

### PRIORITIZE PORTABLE, HIGH-IMPACT FOODS

- + **Proteins:** tuna packets, jerky, Greek yogurt
- + **Carbs:** oats, whole-grain wraps, rice cups
- + **Healthy Fats:** nuts, nut butter, trail mix
- + **Hydration:** water + electrolyte tabs

### FOLLOW THE THREE-PART FUEL RULE

**PROTEIN** \_\_\_\_\_  
**CARB** \_\_\_\_\_  
**COLOR [FRUIT/VEG]** \_\_\_\_\_



# BUILD YOUR TO-GO-BAG

- + **SHELF-STABLE PROTEINS**
- + **QUICK CARBOHYDRATES**
- + **FRUITS + VEGETABLES**
- + **WAYS TO STAY HYDRATED**
- + **UTENSILS AND STORAGE**



### QUICK COMBOS

- + Turkey wrap + apple + almonds
- + Protein shake + banana + oats
- + Rice cup + tuna + salsa

### GARRISON FUEL STRATEGY

- + Pack a 24-hour snack kit.
- + Eat every three to four hours.
- + Use the chow hall tactically.
- + Keep "desk rations" on hand.

### PCS + TRAVEL TACTICS

- + Make smart airport/gas station picks: eggs, jerky, fruit cups, hummus.
- + Pack a compact fuel kit (shaker, protein powder, oatmeal).
- + Hydrate consistently.

## FIELD OPS & RUCK FUELING

### BEFORE

- + Carb-focused meal 1-2 hours prior
- + Electrolyte preload

### DURING

- + Small, frequent carb boosts
- + Steady hydration

### AFTER

- + Protein + carb within 60 minutes
- + Rehydrate with electrolytes