

MAXIMUM

ROBERT KENNEDY'S

FITNESS

NO B.S. JUST RESULTS.

FOR MEN

24-Hour **CARBO-LOADING** SCHEDULE

Endurance athletes looking for an edge carb-up the day before “go” time. This sample eating plan is designed to supply a 175-pound runner who has 15-percent body fat with approximately 818 grams of carbohydrates, 24 hours before racing.

MEAL	CARBOHYDRATES
Post-Workout <ul style="list-style-type: none">• 2 servings performance recovery drinks, like Endurox R4	104 g
Breakfast <ul style="list-style-type: none">• oatmeal• orange juice	67 g
Mid-Morning Snack <ul style="list-style-type: none">• banana• meal replacement, like Ensure	69 g
Lunch <ul style="list-style-type: none">• peanut butter and jelly sandwich• garden salad• apple juice	82 g
Mid-Afternoon Snack <ul style="list-style-type: none">• apple• meal replacement, like Ensure	60 g
Pre-Dinner Snack <ul style="list-style-type: none">• performance recovery drink, like Endurox R4	52 g
Dinner <ul style="list-style-type: none">• spaghetti with tomato sauce• roasted vegetables• apple juice	110 g
Evening Snack <ul style="list-style-type: none">• energy bar, like Power Bar• meal replacement, like Ensure	85 g
Breakfast <ul style="list-style-type: none">• 2 bananas• 2 servings performance recovery drink, like Endurox R4	162 g
Pre-Race <ul style="list-style-type: none">• energy gel• water	27 g