

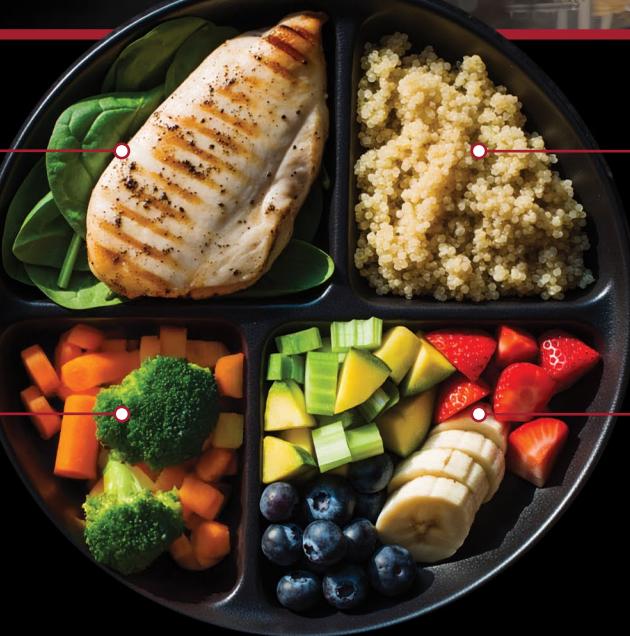
TACTICAL PERFORMANCE PLATE



PROTEIN



Foods like lean meats, eggs, dairy, and plant based options support muscle recovery.



CARBOHYDRATES



Carbohydrates support sustained energy.

VEGETABLES



Vegetables provide micronutrients for recovery and fiber for gut health and immune support.

FRUIT



Fruits provide energy and micronutrients for recovery and immune support.

THE FUELING TIMELINE ▾



PRE-TRAINING



DURING TRAINING



POST-TRAINING



PERFORMANCE RESET/RECOVERY DAY

PROTEIN + CARBS

Prime body with energy for sustained performance and prevent early fatigue.

HYDRATION + QUICK CARBS

Maintain energy and focus. Replace fluids and electrolytes lost through sweat.

PROTEIN + CARBS

Rebuild muscle and replenish energy lost to speed your recovery.

TACTICAL PERFORMANCE PLATE

Supports tissue repair, strengthens immune system, and keeps you mission-ready.