

TACTICAL PERFORMANCE PLATE



PROTEIN



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

VEGETABLES



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

CARBOHYDRATES



Carbohydrates support sustained energy.

FRUIT



Fruits provide energy and micronutrients for recovery and immune support.



THE FUELING TIMELINE ▼



PRE-TRAINING

PROTEIN + CARBS

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



DURING TRAINING

HYDRATION + QUICK CARBS

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



POST-TRAINING

PROTEIN + CARBS

Rebuild muscle and replenish energy lost to speed your recovery.



PERFORMANCE RESET/RECOVERY DAY

TACTICAL PERFORMANCE PLATE

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