



# "4-2-1" Method



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Athletes make sure you also follow nutrient timing 🕒.

You don't want to consume foods too close to training as your body won't have time to digest & utilize the fuel.

🍉 My rule of 👍 : 4-2-1

- 🥗 4-hr out full meal
- 🫐 2-hr out protein + carb
- 💧 1-hr out sip on fluids /sports drink

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**Nutrition Coaching and Sports Nutrition  
Presentations : [www.nutritionwithwendi.com](http://www.nutritionwithwendi.com)**



# Nutrient Timing Objectives



**No solid food in the stomach at training or game time.**

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**Proper absorption and delivery of carbs + fluid at the RIGHT time for optimal energy.**

**Use my "4-2-1" method!!  
CHEW-NIBBLE-SIP**

***Try out foods on practice day ahead of competition day so you're comfortable with fueling plan!***

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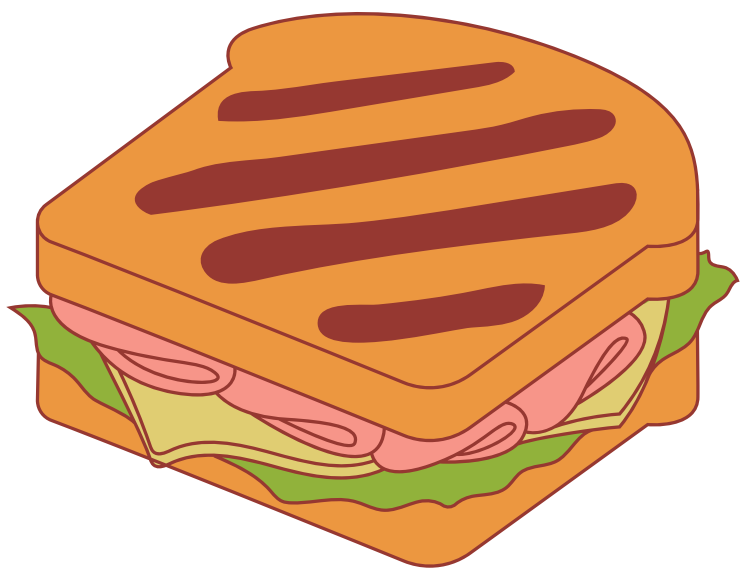


# 4 Hours-Out "Chew"

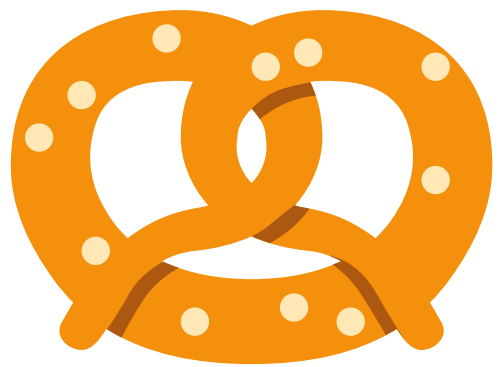
Full meal including all food groups!

*"Never try new foods on game day or intense training day"* @Nutrition\_with\_Wendi

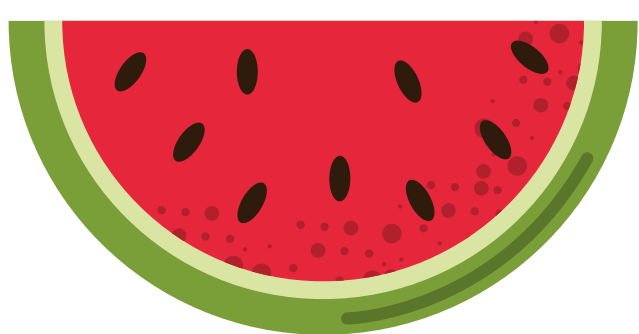
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-Grilled chicken sandwich, side salad, avocado, whole grain pretzels, water, 1/2 cup Greek yogurt, pear



-Turkey spinach whole grain wrap , carrot sticks, grapes, water, low-fat milk



Six-inch sub sandwich with tuna, watermelon slices, crackers, peppers , low-fat chocolate milk.

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# 2 Hours–Out "Nibble"

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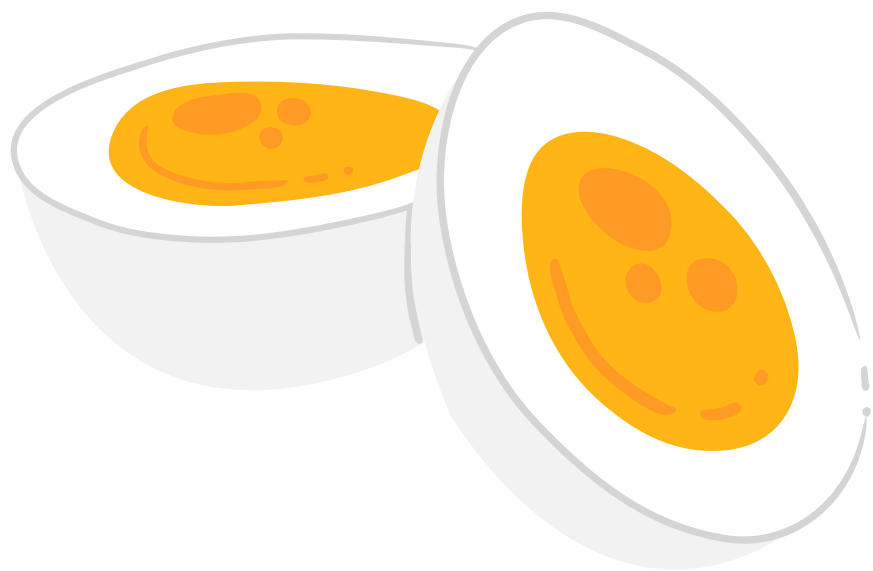


**–Greek yogurt + berries**

**–Banana + Rxbar**

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**–String cheese + grapes**



**–Hard boiled eggs + oatmeal**

**–Deli turkey + grapes**



**Goal is to have a little bit of protein + carb  
a few hours before training.**

# 1 Hour-Out "sip"

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-Apple sauce

-Honey

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-Sports drink

-Tart cherry juice

-Water/electrolyte drinks

-Sports drink

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 Goal is to sip on fluids to support glycogen stores and hydration needs for training or competition. **NO SOLID FOOD IN STOMACH.**

You want blood flow going to working muscles not your stomach for digestion.

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 8-16 oz of fluid is recommended before sport roughly one hour before event.

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