

Betsy's PERFORMANCE BOWL

Fuel Before Practice



WHY IT WORKS:

- ✓ Steady Energy
- ✓ Supports Focus
- ✓ Easy to Digest
- ✓ Built for Performance

CARBS

Brown Rice
(Energy)

LEAN PROTEIN

Grilled Chicken
(Muscle Fuel)

COLOR

Peppers & Broccoli
(Vitamins & Hydration)

HEALTHY FAT

Avocado
(Sustained Energy)

FLAVOR

Lemon, Herbs,
Olive Oil
(Taste + Nutrients)

Carbs + Protein + Color + Healthy Fat = Long-Lasting Energy