

VERMONSTER SUNDRIES LIST

A QUICK SHOPPING LIST CHEAT-SHEET TO ENSURE THAT YOU'VE GOT EVERYTHING YOU'LL NEED FOR YOUR ADVENTURE THIS WEEKEND.

FLUID REPLACEMENT

- *Water (1 gallon / day);*
- *Electrolyte Drink*
 - *Nuun Tablets*

GLYCOGEN UPTAKE

- *Cliff Bars (1 / WOD);*
- *ProBar Whole Food Bars*
- *Bananas*

POST-WOD

- *Cliff Blocks (2 tubes / day)*
- *Glif Shots, Gu Gel, or other (.5 / WOD)*
- *Stretch Island Fruit Leather*
- *Stronger, Faster, Healthier Recovery Mix*

SNACKS AND MEALS

- *Dancing Star Honey Pistachio Energy Chunks*
- *Grilled Chicken Breast*
- *Garrett County Turkey Snack Sticks, or other Jerky*
- *Misc. Veggies*
- *Almond Butter Packs*