

Athletic and Healthy Snacks

~250 Calorie Snacks

Each contains approximately 40g. Carbohydrate, 10g. Protein, 8g. Fat with < 2g saturated fat)
Serving Sizes: T: Tablespoon; t: teaspoon; cup: 8oz; 4oz ~100g; 3oz ~palm size

- ♣ 1oz. Nuts + 1oz. Dried Fruit (raisins, cherries)
- ♣ 1 Apple + 2 T. Peanut Butter
- ♣ 4 Fig Newtons w/ 1 Small piece of Fruit (clementine/tangerine)
- ♣ 1 cup reduced fat Cottage Cheese + 1 cup Peaches/Pineapple
- ♣ 1 package (2 bars) Nature Valley Granola Bar w/ 10oz Sports Drink or 6 oz 100% juice
- ♣ 1 cup reduced fat Chocolate Milk w/ 1 Med. piece of Fruit (apple)
- ♣ 1 cup Wheaties + 1 cup 1% Milk w/ 1 Small piece of Fruit
- ♣ 1 Luna Bar w/ 1 Med. piece of Fruit (orange, apple, banana)
- ♣ 1 Whole Wheat Pita (4") + ¼ cup Hummus w/ 1 Med. piece of fruit
- ♣ 1 package Animal Crackers (2oz)
- ♣ 1 Quaker Oatmeal On the Go Bar
- ♣ ½ Bagel + 1 T. Peanut Butter
- ♣ ½ Peanut Butter and Jelly Sandwich w/ 6oz 100% Juice
- ♣ 1 low fat Yogurt + ¼ cup low fat Granola
- ♣ ¼ cup Trail Mix (see recipe) w/ 1 cup 1% Milk
- ♣ 1 Hard boiled egg w/ 1 slice toast + 1 T. jelly + 1 t. butter/margarine
- ♣ 1 Low fat pudding cup + 3 T. peanuts

Trail Mix: 1 cup low fat granola + ½ cup raisins + ½ cup dried apricots + ¼ cup roasted peanuts (or other nuts) + ¼ cup M&M's/chocolate chips

Notes:

- ♣ Be creative and use these as a guide to develop your own snacks.
- ♣ These snacks fit the composition of what can be consumed 45-60 min before a workout.

Meals For Training and Competition

Serving Sizes: T: Tablespoon; t: teaspoon; cup: 8 oz; 4 oz ~ 100 g; 3 oz = palm size

Breakfast (Each meal contains approximately 700 calories, 115g. carbohydrate, 25g. protein, 15g. fat)

Cereal

- 2½ cup cereal (whole grains, > 3 g fiber)
- 1½ cup low-fat/skim/soy milk
- 1 slice toast w/ 1 T nut butter (peanut, almond, cashew)
- 1 cup 100% juice

Oatmeal

- 2 packet of quick oats or 1 cup of cooked oatmeal
- 1 cup low-fat/skim/soy milk (to drink or in oatmeal)
- ¼ cup raisins
- 1 cup 100% apple juice
- ½ oz. nuts (~20 peanuts or 15 almonds)

Eggs

- 2 eggs (scrambled, hard-boiled)
- 2 slices of toast
- 1 T nut butter
- 1 T 100% fruit spread
- 1 cup berries or piece of fruit
- 1 cup low-fat/skim/soy milk
- 1 cup 100% juice

Lunch (Each meal contains approximately 695 calories, 95g. carbohydrate, 35g. protein, 20g. fat)

Sandwich & Veggies

- 2 slices of whole grain bread (mustard)
- 4 oz (4-6 slices) deli meat (turkey, chicken, lean ham, roast beef)
- 1 slice cheese (cheddar, provolone, Swiss)
- 1 cup raw veggies (baby carrots, bell peppers, cherry tomatoes)
- ¼ cup veggie dip
- Fresh fruit
- 1 cup low-fat/skim/soy milk

Rice & Beans

- ¾ cup black beans
- ¾ cup cooked brown rice
- 2 T sour cream
- ¼ cup salsa
- 3 oz chicken breast
- ½ T olive oil
- Stir fry vegetables
- 1 T soy sauce
- 1 cup 100% juice

Soup, Salad, and Sandwich

- 1½ cups broth based soup (chicken noodle, minestrone, tomato vegetable)
- Couple handfuls saltines (~8)
- 2 cups mixed greens (salad)
- ½ cup fresh vegetables (salad)
- 2 Tbsp vinaigrette
- ½ Ham and cheese sandwich
- 1 cup low-fat/skim/soy milk

Dinner (Each meal contains approximately 715 calories, 85g. carbohydrate, 40g. pr

Stir-Fry

- 2 cups rice (brown, basmati, jasmine)
- 4-6 oz chicken breast, pork, beef
- 2 cups veggies (snap peas, broccoli, mushrooms, onions)
- Seasonings (soy sauce, ginger)
- 1 cup low fat/skim/soy milk

Cheese Burger and Baked Potato

- 4-6 oz ground beef (90% lean or better) or ground turkey
- 1 whole wheat bun, pita, bread
- grilled or sautéed mushrooms
- 1 slice swiss cheese
- Toppings (salsa, mustard, olive spread, lettuce, tomato)
- Baked potato w/ skin
- 2 T fat free sour cream
- 1 cup 100% juice

Pizza

- 2 slices of veggie supreme pizza
- 1 Piece of fresh fruit
- 1 cup low-fat/skim milk