

Quick, Easy and Healthy: GRAZING IS GREAT!

The following food combinations provide the perfect blend of carbohydrate and protein for mini meals for athletes. They are great for recovery snacks as well. Sports Dietitians recommend eating 6-8 small meals throughout the day to keep your metabolism at it's highest.

Get organized and keep these items on hand. Eat to match your personal body composition goals, doubling the amounts of food if needed.

- string cheese with a piece of fruit
- string cheese with whole grain crackers
- yogurt with a piece of fruit
- yogurt with whole grain toast
- cottage cheese with fruit or crackers
- glass of milk (any flavor)
- lean meat sandwich or wrap
- tuna fish sandwich
- tuna and crackers
- peanut butter sandwich
- peanut butter on crackers
- peanut butter on apple or pear
- nuts/seeds with a piece of fruit or baby carrots
- nuts/seeds with dry cereal as a trail mix
- PowerBar (or similar product) with glass of milk
- bagel with peanut butter
- leftovers!
- hummus with crackers or baby carrots
- quesadilla
- salad with beans (black bean, garbanzo, etc...)
- salad with cheese, sunflower seeds, or other nuts
- omelets (one whole egg, 2 egg whites, veggies and cheese) with toast
- slice of pizza
- can of broth based soup such as chicken noodle
- peppers stuffed with rice
- burrito with salsa
- favorite frozen/fresh veggie with cheese melted on top
- baked potato topped with cheese or chili
- granola with nuts
- chicken/other meat on tortilla with salsa
- dried fruit and nuts
- rice or pasta with meat/cheese
- bowl of cereal with milk
- pretzels with cheese slice
- canned pineapple/fruit and yogurt blended into smoothie
- baked tortilla chips, cheese and salsa to make nachos
- banana with nut based trail mix
- grilled cheese sandwich