

FUEL SMART Sports Nutrition Quick Guide

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Pre-Training Fuel (1-2 hrs before)

- Turkey or peanut butter sandwich on whole grain bread
- oatmeal with peanut butter and banana, glass of orange juice
- Yogurt parfait with granola and fruit
- Fruit smoothie (milk or yogurt + fruit + oats)
- Whole-grain bagel with peanut butter
- Toast with Peanut Butter & banana slices
- Pita & hummus with Apple Slices & cucumber slices
- Chicken wrap with whole grain tortilla and veggies
- Cottage Cheese Cup with Frozen Pineapple
- Oatmeal with sliced banana and drizzle of honey
- Oatmeal with a scoop of peanut butter and berries
- Scrambled eggs with whole grain toast and strawberries
- Whole grain crackers with cheese & turkey slices with banana

Warm Up Snacks (15-30 minutes before)

- Applesauce pouch
- Banana
- Fruit snacks or fruit strip (made with real fruit juice)
- Orange slices
- Apple Slices
- Handful of grapes
- ¼ cup of pretzels
- ¼ cup of dry cereal
- Granola Bar (Nature valley, kind, Chewy)- not a protein bar (<5-10 g protein)
- Mini plain bagel

Balanced Meal Ideas (Performance Plate) (3-4 hrs before practice/game OR within 1 hour after)

- Protein + Grains + Veggies + Treat: Chicken, fish, or lean beef with pasta, rice, or potatoes, a side of colorful veggies, a roll, and frozen yogurt for dessert
- Pasta Night: Pasta with a lean meat sauce, a garden salad, and a whole grain roll with milk
- Burrito or Rice Bowl: Rice with chicken, pork, or beef with beans, veggies, salsa, cheese and sour cream if desired
- Sandwich Meal: Whole grain bread with turkey, chicken, or roast beef, plus veggies and cheese. Serve with pretzels or starchy vegetable
- Quesadilla: Chicken or beef quesadilla with tortilla chips and guacamole
- Stir-Fry Dinner: Chicken, pork, or beef with colorful veggies served over rice or noodles
- Quick Option: Peanut butter & banana sandwich with cup of low fat chocolate milk