

ATHLETE

CONSTRUCTION

SNACK ATTACK

HEALTHY OPTIONS FOR ALL HOURS OF THE DAY & NIGHT

Breakfasts of Champions:

- Whole-grain cold cereals (low sugar, high fiber) with fruit and low-fat, skim or soy milk
- Oatmeal with bananas, milk, nuts, cinnamon & maple syrup
- Fresh fruit, fruit salad and unsweetened fruit juices
- Buckwheat pancakes with bananas or other fresh fruit and yogurt or syrup
- Whole wheat, rye, pumpernickel, multigrain, or oat bran bread and bagels with all-natural peanut butter, fruit jam, or light cream cheese
- Low-fat yogurt with chopped nuts, fruit & 1 cup GO LEAN Crunch cereal
- Egg white omelets with vegetables and cheese
- Breakfast Burrito- scrambled egg whites, veggies & cheese in a whole wheat tortilla

Lunch/Dinner on the Run:

- Sandwich with turkey or tuna, veggies and cheese on whole grain bread
- Hummus and vegetables with whole wheat pita bread
- Salad with vegetables, lean turkey, chicken or beans and low-fat dressing
- Black bean and rice burrito with salsa (no sour cream)
- Grilled chicken breast sandwich with lettuce, tomato, onion and pickles
- Whole-wheat pasta with meatless tomato (marinara) sauce
- Turkey sub with lettuce, tomato, green pepper, onion and pickles
- Chicken, turkey or tofu stir-fry with vegetables and brown rice
- Veggie and cheese pizza
- Turkey or veggie burger with lettuce, tomato, onion and pickles on a whole wheat bun

Power-packed Snacks:

- Power Smoothie- yogurt, skim milk, frozen fruit & 1 scoop protein powder (ice cubes)
- CLIFF Bars, BUILDERS Bars, BALANCE bars (min. 10 grams protein required)
- Bowl of high fiber cereal with skim milk
- Whole grain crackers with low-fat cheese
- Whole-wheat tortilla with all-natural peanut butter & 1 banana- roll it up!
- Apple with all-natural peanut butter
- Low-fat cottage cheese with crushed pineapple
- Frozen yogurt with chopped almonds
- Trail mix- nuts, seeds & dried fruit
- Fresh fruit- apples, oranges, peaches, pears, grapes, bananas
- Baked tortilla chips and salsa
- Fig Newtons (also apple, cranberry and raspberry) or Ginger Snaps & skim milk
- Low-fat Chocolate Milk
- Unsalted almonds or peanuts