

# Meal Ideas

- - - *All meals & snacks are combined with carbohydrate, protein & fat* - - -

## **Breakfast**

- Egg-white omelet with veggies, whole-grain toast, ½ cup fruit
  - Made with egg substitutes or 1 whole egg + 3 egg whites. Add spinach, tomatoes, onions, bell peppers, and 1-2 tsp. cheese for flavor.
- Greek yogurt, cottage cheese, or string cheese with fruit
- Cereal (hot/cold), milk/soy milk, fruit
- Whole grain toast or graham crackers with avocado or peanut butter.
- Fruit smoothie with Greek yogurt/milk/orange juice, fruit, PB, and/or protein powder
- Dried fruit & nuts
  - Include raisins, dried cranberries, walnuts, almonds, peanuts, cashews
    - *Pre-pack in small plastic bags so they're easy to take with you!*
- Healthy granola bar (Kashi, Fiber One)
  - Look for at least 3 grams/fiber/svg and less than 10 grams/sugar/svg
- Dry cereal with added nuts (walnuts, almonds, peanuts, cashews)
- Peanut butter & jelly sandwich on high fiber bread ( $\geq 3g$ /fiber/svg)
- Cottage cheese “sundae” with sliced fruit and sunflower seeds
- Quesadilla made with cheese and veggies – add some chicken or refried beans too!
- Hot cooked oatmeal topped with blueberries, chopped walnuts or PB, and soy milk
- Fresh fruit salad topped with Greek yogurt, and granola
- Bran muffin (*small*), apple slices and milk
- Raisin bagel or toast, poached egg, and fresh orange wedges

***\*If you skip breakfast, you are more likely to be overly hungry later. And then, you're more likely to overeat at lunch and/or dinner. No calories saved!***

*\*People who regularly eat breakfast are more likely to maintain a healthy weight than those who do not.*

## **Lunch/Dinner**

- Peanut butter & jelly sandwich (*try replacing the jelly with other fruit: banana/apple*)
- Turkey/grilled chicken sandwich topped with veggies, fruit or side salad/soup
- Large green salad with chicken/tuna/tofu/egg whites, whole-grain roll or whole-wheat pita
  - *Skip the fat free dressing & have just a little regular dressing – or try vinegar & olive oil.*
- Grilled fish/chicken taco (soft corn tortilla), slaw or side salad/soup, add a few corn chips
- Pasta and tomato sauce topped with chunk chicken, ground turkey, or cottage cheese
- Black or pinto bean, rice and cheese burrito, side salad
- Grilled chicken or fish, stir-fried/steamed veggies, brown rice
- Veggie burger (e.g. Boca Burger, Morningstar), turkey burger, Beyond Burger on whole wheat bun. Serve with dark green lettuce, tomato, onion, ketchup, and/or mustard.
- Cold turkey breast sandwich on whole wheat bread. Pile on the veggies.
- Pita or tortilla stuffed with canned beans, hummus, turkey, or canned tuna. Add lots of veggies.
- Pita (or English muffin) pizza with tomato sauce, 1-2 Tbsp. cheese, and grilled veggies.
- Burritos made with corn tortillas, canned fat-free or low-fat refried beans, ground turkey breast or vegetarian “meat” crumbles, lettuce, tomatoes, onions, salsa.
- Fajitas made with corn tortillas, grilled chicken breast, tomatoes, onions, and bell peppers.

- Pasta (*whole wheat or Barilla Plus*) with canned or bottled tomato sauce. Add frozen veggies and ground turkey or turkey/chicken sausage.
- Brown rice or couscous with stir-fried veggies and chicken, tofu, or beans.
- Baked or microwaved potato topped with plain Greek yogurt or cheese; add veggies.
- Slice of vegetable pizza with tossed salad
- Cold pasta salad loaded with veggies, tuna, and vinaigrette dressing

## **Snacks**

- Fruit or veggies (*apple, celery, etc.*) with 1 tbsp. peanut butter
- ½ cup cottage cheese with fresh fruit (i.e. sliced pear, ¾ cup berries, ¾ cup melon, etc.)
- Veggies (i.e. sliced cucumber, broccoli, cauliflower, sliced red bell pepper, baby carrots) with 2 tbsp. hummus or dip
- 3 cups lightly buttered/salted popcorn with 6-10 almonds
- Apple and 1 oz. string cheese
- 6-8 oz. Greek yogurt with fresh fruit
- Sports nutrition bar (about 200 calories or less and at least 10 g protein)\*
- Baked tortilla chips with bean dip/cottage cheese and salsa
- 1 cup Greek yogurt with walnuts and berries
- Leafy green salad with vinaigrette dressing and walnuts (*add other veggies if desired*)
- 1 cup of vegetable soup mixed with 1/2 cup non-fat/low-fat cottage cheese
- 1/2 whole wheat pita pocket with 2 slices of turkey
- 1/4 cup tuna and 1 Tbsp. light dressing
- 2 slices of turkey and 1-1 ½ cups fresh vegetables with 1-2 Tbsp. hummus
- Pudding or tapioca
- Frozen yogurt with walnuts or almonds

*Each selection can be mixed & matched with others. Focus on having complex carbohydrates (≥3 grams of fiber per serving) with a lean protein source at each meal & snack. This will keep your energy levels up all day, providing energy during practice, games/matches, and even help you sleep better at night!*