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| **SNACK**  **30 min or less before workout**  **Choose 1-2 food groups from Can Food Guide** | **LIGHT MEAL**  **Approximately 2 hours before workout**  **choose 2-3 food groups from Can Food Guide** | **MEAL**  **4 hours or more before workout**  **Choose 3-4 food groups from Can Food Guide** |
| ***\*Emphasis on carbohydrate.***  ***Avoid foods high in fat and simple sugars.*** | ***\*Emphasis on carbohydrate (whole grains as tolerated), lean protein and healthy fat.*** | ***\*Balance of carbohydrate (whole grains as tolerated), lean protein and healthy fat.*** |
| * **Fruit yogurt smoothie** * **Fruit yogurt parfait** * **Fruit salad and milk** * **Fruit cup and milk** * **Applesauce and yogurt** * **Applesauce and cheesestring** * **Pita chips and Minibel cheese** * **Pretzels and grapes** * **Cheese and crackers** * **Granola bar and juice or milk** * **Muffin and milk or yogurt** * **Dried fruit and nuts** * **Bagel and cream cheese** * **Bagel and Cheddar Cheese** * **Small tossed salad with nuts** * **Peanut butter toast and choc milk** * **½ ham and cheese sandwich** * **½ tuna sandwich** * **Trail mix** * **Hummus and pita** * **Hummus and crackers** * **Hummus and breadsticks** * **Veggies and Greek yogurt** * **Banana and nuts** * **Apple and peanut butter** * **Apple and nuts** * **Cheese and crackers** * **Tuna and crackers** * **Cereal and milk or soymilk** * **Oatmeal and milk** * **Cheese string and dry cereal** * **Raisins and nuts** * **Cheerios and cashews in a baggie** * **Rice and nuts** * **“Ants on a Log” (celery/peanut butter and raisins)** * **Raisins and yogurt** * **Grilled cheese** * **Peanut butter on banana** | * **Peanut butter sandwich** * **Peanut butter toast** * **Peanut butter and banana sandwich** * **Peanut butter/jam/banana sandwich** * **Peanut butter on whole wheat bagel** * **Pancakes or French toast w yogurt and berries** * **Fruit yogurt smoothie with toast** * **Yogurt and fruit salad** * **Apples, oranges and cheese** * **Bagel with cheddar cheese** * **Cheese and crackers** * **Pancakes and Strawberries** * **Muffins and milk** * **Cereal with Milk or soymilk** * **Oatmeal and banana** * **Oatmeal and applesauce** * **Pasta salad with veggies** * **Spaghetti with tomato sauce** * **Multigrain pasta, tomato sauce and meatballs** * **Boiled egg and rice** * **Hard boiled egg with flatbread** * **Cheese omelet** * **Scrambled eggs and toast** * **Soup and crackers or half sandwich** * **Veggie wrap with hummus** * **Tuna sandwich** * **Ham and Cheese sandwich** * **Grilled cheese and dill pickles** * **Chicken with carrots and green beans** * **Fajitas with beef or chicken and colored sweet peppers** * **Tofu and flatbread** * **Tofu and frozen fruit smoothie** * **Cooked beans and cheese** * **Cheese, chicken quesadilla with cherry tomatoes** * **6” sub with meat, cheese and vegetables** * **Quiche and Salad** * **Fish with rice and beans and salad** * **Leftovers from last night’s dinner** | * **Yogurt with granola and blueberries** * **Cereal with yogurt and fruit** * **Soup and crackers** * **Stew and whole grain bun** * **Chili with cornmeal muffin** * **Meatball sub** * **Veggie Pizza** * **Chicken and rice on pita with salad** * **Cheese and veggie omelet** * **Grilled cheese and veggies** * **Ham and cheese sub** * **Turkey sandwich with veggies** * **Chicken Caesar wrap** * **Fried egg sandwich** * **Pancakes or French toast with syrup and berries** * **Baked potato with salsa and cheese** * **Egg, ham and cheese on English muffin (fried egg sandwich)** * **Fish with rice and beans and salad** * **Shepherd’s Pie** * **Soft shell tacos** * **Chicken with potatoes and corn** * **Macaroni and Cheese and salad** * **Lasagna and milk** * **Pasta with tomato meat sauce** * **Porkchops, rice and broccoli** * **Steak, potato, salad and milk** * **Ribs, rice and vegetables** * **Veggie stirfry with meat or tofu** * **Roast chicken, broccoli and baked potato** * **Fajitas** |
| **Additions you may have** | **Additions you may have** | **Additions you may have** |
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