|  |  |  |
| --- | --- | --- |
| **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** |
|  |  |  |
|  |  |  |