

\*\*Swimmers should try and avoid any type sugar (ie Candy, Soda, desserts, etc) 1 week prior to In-Season Meets and 2 or more weeks prior to Championship meets.

## MEAL IDEAS FOR SWIMMERS

### Examples of High-Carb Breakfast Meals

#### At Home:

Orange juice, Fresh fruit. Low-fat yogurt, Pancakes with syrup, 2% or skim milk  
or  
Plain English muffin, Strawberry jam, Scrambled Egg, Orange juice, 2% or skim milk

#### At a Fast Food Restaurant:

Hot cakes with syrup (hold the margarine and sausage), Orange juice, Low-fat milk  
or  
Cold cereal with low-fat milk, Orange juice, Apple, bran or blueberry muffin

#### At a Convenience/ Grocery Store:

Fruit flavored yogurt, Large bran muffin or pre-packaged muffins, Banana, Orange juice, Low-fat milk

#### At a Family Style Restaurant:

Pancakes, waffles or french toast with syrup (hold the margarine, bacon and sausage), Orange juice, Low-fat milk

### Examples of High-Carb Lunch or Dinner Meals

Large turkey sandwich on 2 slices of Whole-wheat bread  
Slice of low-fat cheese  
Lettuce, Tomato  
Fresh vegetables (carrots and celery strips)  
Low-fat yogurt  
Fresh fruit or fruit juice

Minestrone Soup  
Spaghetti with Marinara Sauce  
Salad Italian Bread  
Fresh Fruit  
2% or skim Milk  
Sherbet

Chili on a large baked potato  
Whole grain bread or muffin  
Low-fat chocolate milkshake  
Fresh fruit

Thick crust cheese and vegetable pizza  
Side salad  
Fresh fruit  
2% or skim milk

### Lunch/Dinner at Fast Food Restaurants

#### LUNCH/DINNER AT FAST FOOD RESTAURANTS

#### McDonald's - 500 kcal

Chicken fajita  
Vanilla low-fat milk

shake

OR

Hamburger  
Low-fat milk  
Low-fat frozen yogurt cone

**McDonald's - 700-750 kcal**

Hamburger  
Side salad with low calorie dressing  
Strawberry low-fat milkshake

**McDonald's - 1,000 kcal**

McLean Deluxe with cheese  
Medium fries  
Chocolate low-fat milkshake

**Burger King - 500 kcal**

BK Broiler with BBQ sauce  
2% milk  
Orange juice

**Arby's - 700-750 kcal**

French dip  
Side salad with lite Italian dressing  
Jamocho shake

**Taco Bell - 700-750 kcal**

Bean burrito with red sauce  
Plain 10" tortilla  
Low-fat milk

**Pizza Hut - 1,000 kcal**

2 slices medium cheese pan pizza  
6 breadsticks  
Beverage

**Wendy's - 1,000 kcal**

Plain baked potato  
Chili  
Side salad  
Small frosty