

## 1-MINUTE BREAKFAST IDEAS FOR ATHLETES

- Ready-to-eat cereal topped with blueberries and skim milk
- 6- or 8-oz container of low-fat yogurt
- Meal Replacement Shake
- Small muffin topped with yogurt
- Peanut butter on whole-wheat toast and skim milk
- Small slice of cheese pizza and orange juice
- Instant oatmeal with skim milk
- Breakfast smoothie (skim milk, frozen fruit, and wheat germ whirled in a blender)
- Toasted whole-wheat waffle, topped with fresh fruit
- $\frac{1}{2}$  toasted bagel with peanut butter or light cream cheese
- Lean ham on a toasted English muffin and a 6-oz juice box
- Fresh fruit and string cheese
- Packet of instant breakfast mixed with skim milk
- Cottage cheese and fruit



## HIGH-PERFORMANCE SNACKS FOR ATHLETES

### BEFORE A RUN/WALK (Small portion of high-carb)

- $\frac{1}{4}$  -  $\frac{1}{2}$  piece of fresh fruit
- $\frac{1}{4}$  cup of dried fruit
- 5-6 gingersnaps
- 2-3 graham crackers
- 10-12 "Teddy Grahams"
- $\frac{1}{2}$  energy bar
- $\frac{1}{4}$  -  $\frac{1}{2}$  cup sports drink
- 5-6 vanilla wafers
- $\frac{1}{2}$  - 1 cup dry cereal
- $\frac{1}{4}$  -  $\frac{1}{2}$  bagel



### AFTER A RUN/WALK (Carb with protein)

- 1 cup low-fat yogurt
- Post-Recovery Workout Shake
- 1 cup bean soup and breadsticks
- String cheese and 6 crackers
- English muffin pizza
- Lean meat sandwich and skim milk
- Energy bar
- Bowl of cereal & skim milk
- $\frac{1}{2}$  bagel with 2 tsp peanut butter