

## High Energy Food Ideas for Athletes

- Clif bar™ + organic 100% juice box
- Juice Plus+® whole food bar with cheese stick
- Apples Slices dipped in peanut butter or almond butter
- Dried fruit (raisins, cherries) mixed with almonds and air popped popcorn
- Whole grain bagel topped with peanut butter, honey and banana slices
- Greek yogurt layered with favorite ready-to-eat cereal, parfait style.
- Juice Plus+® Whole food shakes mixed with low-fat milk
- Naked Juice Smoothie with protein
- Whole grain crackers and veggies dipped in hummus
- Nitrate free, organic deli meats, veggies and hummus wrapped in a whole grain tortilla

- Baked sweet potato topped with coconut oil, cottage cheese and cinnamon.
- Cottage cheese with sliced banana and pineapple topped with cinnamon
- Prepared oatmeal packet mixed with almond butter and topped with fruit.
- Baked corn chips with guacamole
- Hard-boiled egg + pretzels
- Whole grain English muffin topped with greek cream cheese and 100% fruit spread.
- Tuna packet with whole grain crackers and 100% juice
- Honey roasted soy nuts mixed with dried fruit
- 100% organic fruit strip + peanuts or almonds

#### Resources for additional ideas

- [pinterest.com/jendewallRD/](https://pinterest.com/jendewallRD/)
- [Athletofood.com](https://www.athletofood.com)
- Feed Zone Portables cookbook for athletes

## Split -Second Meals

- Make up overnight refrigerator oatmeal in a mason jar. (oats, milk, fruit, flaxseed/chia seed, cocoa, protein powder, nut butter) More ideas at [myoatmeal.com](http://myoatmeal.com)
- Have whole grain waffles or pancakes ready to grab. Microwave and top with nut butter, honey, fruit spread.
- Make up potatoes and sweet potatoes to reheat. Top with Pizza style ingredients (ham, cheese, olives, veggies) taco style (beans, veggies, salsa, olives) or broccoli & cheese, chili, etc.
- Make up egg burritos. Add in lean meat, veggies, wrap in tortilla. Freeze. Reheat in microwave wrapped in paper towel for two minutes.

- Make up your own burrito bowls. Freeze and reheat for on the go. Recipe for "easy homemade burrito bowl " [www.iowagirleat.com](http://www.iowagirleat.com)
- Individual Pizza Combos
- Have mini pizza crusts available and top with lean meat, veg, tomato sauce, cheese. Broil in oven, slice take out the door.
- Sandwich ideas (use pita, wraps, bread) serve with fresh fruit, pre-cut veggies with dip.
  - -PB or AB EJ (100% fruit spread)
  - -rotisserie chicken chopped and topped with avocado and/or lettuce
  - -cheddar cheese, very thinly sliced apples, stone ground mustard
  - -diced tuna, pesto and diced tomatoes\
  - -almond butter, banana with honey
  - - nitrate free bacon, lettuce, avocado, tomato
  - -egg salad made with greek yogurt topped with lettuce and avocado