



## **Athlete Snack and Meal Ideas**

It is important to include primarily carbohydrates to replenish muscle glycogen and a small amount of protein to repair muscle tissue in the post-event snack. A 2:1 to 4:1 ratio of carbohydrates to protein stimulates insulin, which helps glucose transform into muscle glycogen.

### **Snack Suggestions:**

- Hummus, pita, and baby carrots
- Trail mix with granola, nuts and dried fruit
- Grape-Nuts with greek yogurt and fresh or frozen blueberries
- Instant oatmeal made with low-fat milk and slivered almonds
- A 100% whole-grain english muffin with nut butter and a latte
- Apple and peanut butter or cheese
- Fruit smoothie with nut butter
- Fruit smoothie with yogurt/milk and pretzels
- Hummus with veggies and whole grain pita bread
- Yogurt and fruit
- Chocolate milk
- 100% fruit juice with protein powder
- Rice cakes with almond butter and apples
- V8 juice and a turkey sub sandwich
- Cran- apple juice, string cheese and some crackers
- Bowl of Cheerios with milk and a banana
- Whole grain crackers with cheese and grapes
- Raisin bread and a banana
- Turkey and veggie roll-ups
- Half a whole grain bagel with cream cheese
- PB & J sandwiches
- Tortilla chips with salsa and bean dip
- Fresh vegetables and dip
- Rice cakes with almond butter and apples
- Whole wheat fig bars
- Sports drink
- Green Smoothie
- Oatmeal cookies

### **Meal suggestions:**

- Bean and cheese quesadilla
- Chicken and Rice with veggies
- Sandwiches with low-fat fillings (example: Turkey sandwich)
- Whole grain pasta with meatballs
- Pasta or rice with tomato sauce and chicken or very lean meat in sauce
- Whole grain bagel and cream cheese
- Peanut butter and jelly sandwich on whole grain bread
- Chicken noodle soup

### **Good Carbohydrate-protein ratio examples:**

- 3 scrambled eggs + a bowl of oatmeal with maple syrup
- 16 ounces of chocolate milk + energy bar
- Peanut butter and honey sandwich + a yogurt
- Fruit smoothie (1c sweetened Greek yogurt + banana + berries)
- Turkey sub + grape juice