



Meals for Athletes

Cooking Tips:

Keep it Simple: Due to weekday time constraints, it makes sense to keep weekday meal preparation quick & easy. Great, healthy food doesn't require anything fancy or elaborate.

Read: If you are following a recipe, read the instructions from start to finish. Sometimes steps that you need to start at the beginning are hidden at the end of a recipe

Organize: Have a timeline written out or locked in your memory. This will help your cooking experience run smoothly. Once you read the recipe, get the food, pots and pans, as well as utensils that you will need out and ready to go

Tools: Cooking doesn't require a unique tool for every task. Spend a bit more money on a few quality tools (knives, pots & pans) and skip the gadgets.

Clean Up: Wash your hands, pull your hair back, and start with a clean workspace. Cleaning up as you go will keep your area organized and give you less to do after the meal.

Time Management: Your ultimate goal is to have everything ready at the same time. When you plan what you are going to make, think about the meal as a whole and determine what you need to do first.

What foods take the longest to cook?

What foods need to be served hot and what foods should be served chilled?

What foods require additional prep work? wash, chop, steam, defrost, chill

Safety: Use knives you feel comfortable holding, keep them sharp

Balance: You want each meal to be balanced...

Mostly Carbs,

Little bit of Protein

Add fat for Flavor

Lots of Color!

Better Breakfasts:

Breakfast fuels the brain and the muscles, it revs up the body's metabolism and prepares athletes for the day ahead. Be sure to get carbs + protein + color in this first meal of the day.

✓Eggs & toast with veggies or fruit

✓Breakfast burrito (eggs & veggies wrapped in whole wheat tortilla)

✓Cereal w/ skim or 1% milk, fruit; toast with peanut butter

✓Oatmeal, dried fruit, nuts, skim milk

✓Smoothie, toast w/ peanut butter

✓Yogurt, cereal or low-fat granola, fruit

✓If you are not a breakfast food eater, consider some of the lunch options for breakfast

✓If you are not hungry in the morning, consider splitting breakfast into two parts. Part I: eat or drink something small. Part II: Granola/sport bar, PB&J sandwich, yogurt, or fruit or any of the other options.

☀️What to drink? 100% OJ, skim or 1% milk, smoothie, water

Easy Lunches:

It is often challenging for athletes to find the ideal mix of carbohydrate, protein, healthy fat, and color in the cafeteria. Consider bringing your lunch to school on intense training or competition days. If you are at home, stock the 'fridge and pantry with food early in the week, so that making lunches is quick and easy.

✓Tuna or salmon salad sandwich in a pita pocket (try mixing fish with olive oil and balsamic vinegar or lemon juice vs. mayo)

✓Turkey sandwich with hummus or pesto, tomato & cheese

✓Dinner leftovers

✓Pasta salad with beans and veggies

✓Baked potato or sweet potato, turkey roll ups, string cheese

✓Soup & sandwich

✓Quesadilla with beans, veggies & cheese on whole wheat or corn tortilla

✓Turkey wrap with veggies and whole grain tortilla

☀️What to drink? 100% juice, skim or 1% milk, smoothie, water

Do-able Dinners:

Refueling after a day of training is crucial for maintaining your strength and endurance, delaying fatigue, and replenishing your body for its next training session.

✓Grains, pasta, rice, couscous, quinoa, potatoes, winter squash should be a staple in every athlete's diet.

✓Grill or broil lean meat (chicken, fish, red meat, pork). Limit fatty or fried meat

✓Eat raw, steam, or blanch (flash boil) veggies to add to pasta/rice dishes or eat as a side dish. Season lightly with olive oil, salt and pepper

✓Think about "one-dish" meals like pasta dishes with beans & meat or veggies, stir-fry dishes, egg dishes (frittata)

✓In a pinch, take advantage of prepared foods at local grocery stores.

✓Consider shopping at farmer's markets. Seasonal foods are cheaper, fresher, and more tasty!

☀️What to drink? Skim or 1% milk, water