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TRAVEL MEALS AND SNACKS

Optimally fueling athletes when traveling to games, tournaments, or meets can be a challenge due to logistics. Schedules, transportation, and food availability all play a role as to what is actually possible. As a coach, the goal is to provide the best nutritious option available with the budget and resources provided. That might mean balancing pre-packaged foods with athlete preferences and that's okay!

Try to provide as many nutrient-rich options as possible and use the below recommendations and ideas as a guide.

Many athletes have to travel to games, competitions, and tournaments on a regular basis. Here are some things to consider when traveling:

- Do you have time to grocery shop and purchase snacks?
- Do you have an ice chest and access to ice to keep cold foods cold?
- Do you have a mini fridge or microwave in your hotel room?
- Does your hotel have a continental breakfast or restaurant?
- Pack hand sanitizer wipes
- Pack bottles of water and sports drinks
- Pack snacks in case you don't have time to go to the grocery store upon arrival before having to practice or play
- Pack plasticware, paper plates/bowls, and paper towels in case you do not have access to them



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If heading out extra early for a game or tournament, fueling athletes with a “Brown Bag Breakfast” can help provide them with the energy they need. These foods can often be packed in advance in individual bags, ahead of time, making distribution quick and easy. If staying at a hotel, grabbing milk and/or chocolate milk to go with the breakfast is a fueling win!



TOP 10 BROWN BAG BREAKFASTS

1. Beef jerky, baggie of whole grain granola and nuts, and banana
2. Hard-boiled eggs*, whole grain granola bar, peanut butter to-go cup, and apple slices
3. Whole grain blueberry muffin, almond butter squirt packet, strawberries, and hard-boiled eggs
4. Beef jerky trail mix made with nuts, seeds, dried fruit, and granola with milk
5. Whole wheat tortillas with peanut butter, banana, and honey paired with trail mix
6. Oat-based granola bar, pistachios mixed with dried fruit, banana, and milk
7. Whole grain bagel with peanut butter or cream cheese, fruit, and beef jerky
8. Ready-to-drink protein shake with an apple and peanut butter to-go cup
9. Pre-made energy bites made with oats, honey, peanut butter, protein powder, and your favorite nuts, seeds, and dried fruit with grapes, and chocolate milk
10. Protein bar, fruit, baggie of whole grain granola, and milk

*If temperature does not exceed 70 degrees, item should be consumed within 4 hours - www.servsafe.com

Fueling with Hotel Breakfasts:

- **Choose a carbohydrate:**
 - » Oatmeal, whole grain cereal, or granola
 - » Whole grain bread, bagels, or English muffins
 - » Pancakes or waffles, whole grain if available
- **Choose a lean protein:**
 - » Scrambled or hard-boiled eggs, omelet with protein
 - » Egg, cheese, and lean protein on a breakfast sandwich/wrap
 - » High-quality protein like lean sausage
 - » Dairy foods like cheese or yogurt
 - » Peanut butter, nuts, or seeds
- **Choose a fruit:**
 - » Whole fruit
 - » Fruit mixed in smoothies, yogurt parfaits, or as toppings on cereal/oatmeal/waffles
- **Choose a nutrient-rich beverage:**
 - » Water
 - » Milk or chocolate milk
 - » Fruit smoothies
 - » 100% juice

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Non-perishable Snacks to Pack

- **Carbohydrates:**
 - » Granola bars and granola
 - » Whole grain pretzels, crackers, bagels or breads
- **Protein:**
 - » Beef jerky
 - » Energy/protein bars
 - » Peanut butter
 - » Nuts and trail mix
- **Fluid**
 - » Bottles of water
 - » Bottles of sports drinks



If grabbing food from a grocery or convenience store, consider the below snacks:

- Beef jerky and a whole grain granola bar
- Peanut butter crackers and a string cheese
- Individual bag of nuts/trail mix and a fruit
- Protein bar and banana or milk
- Whole grain crackers and string cheese/nuts
- Whole grain granola bar and nuts
- Fruit and yogurt parfait and a bag of nuts
- Ready-to-drink shake and a fruit/granola bar
- Roast beef/turkey/ham sandwich or wrap with baked chips and a fruit cup
- Add milk or chocolate milk to and snack to increase the calories, protein, and nutrients



Whether taking a team to a restaurant or catering food in, here are some guidelines to follow:

Carbohydrate Options:

- Pasta with marinara sauce or light butter sauce
- Baked, roasted, or mashed potatoes/ sweet potatoes
- Rice, rice pilaf, broccoli rice casserole
- Oatmeal, grits, cereal

Protein Options:

- Steak, lean cuts of beef
- Meat sauce for pasta
- Fish
- Chicken
- Eggs

Best Easy-to-Digest Vegetable Options:

- Green beans
- Corn
- Carrots
- Squash, zucchini
- Salad

Bread Options for Extra Carbohydrate:

- Rolls (whole wheat or white)
- Breadsticks
- Cornbread
- Toast, bagels, English muffins, tortillas

Sample Meals:

- Scrambled eggs, whole grain bagel with 100% fruit jam, sausage, and fruit
- Breakfast sandwich with eggs, cheese, and sausage, and a yogurt, fruit, and granola parfait
- Lean beef, potatoes, green beans, cold pasta salad, fruit, and a wheat roll
- Fish, brown rice, green salad with vinaigrette dressing, fruit, and a wheat roll
- Grilled chicken, pasta with marinara sauce, fruit, salad, and breadsticks
- Whole grain sandwich with lean protein, cheese, and veggies with fruit and pretzels