

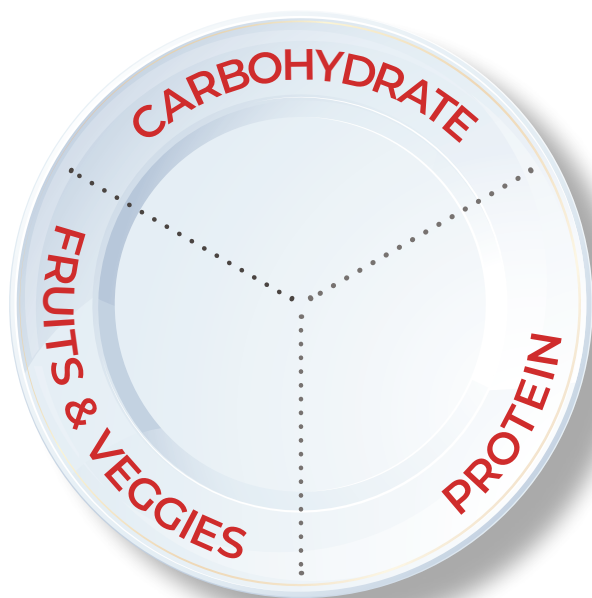


Powered by Protein



SHAPE AN ATHLETE'S PLATE

A well-balanced plate is essential to provide athletes the energy they need to power performance, enhance recovery, and tackle all of the components of everyday life like school, homework, extracurricular activities, and time with friends and family.



Shape an Athlete's Plate:

- 1/3 high-quality protein
- 1/3 whole grain carbohydrate
- 1/3 colorful fruits and vegetables

It's also recommended to add a serving of dairy to 3 of your meals or snacks.

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CARBOHYDRATES like oats, rice, pasta, potatoes, quinoa, whole grain bread, and more help provide athletes the energy they need throughout the day. Without adequate carbohydrate, it is likely to experience fatigue and athletes may not have the energy they need to perform at the highest level at practices, in the weight room, or during games and competitions.



PROTEINS like beef, fish, poultry, pork, and eggs provide the amino acids necessary to help athletes build and repair lean muscle. Distributing protein across all meals and snacks helps ensure athletes are maximizing their potential for strength and



recovery. In addition, protein slows down digestion, helping to stabilize both blood sugar and energy levels over the course of the day.

FRUITS AND VEGETABLES provide athletes the vitamins, minerals, antioxidants, and plant compounds they need to help keep their immune systems strong, assist in recovery, and aid in growth and development. They also provide fiber, which is essential for both gut and heart health.



DAIRY foods provide additional high-quality protein to an athlete's plate, as well as calcium, vitamin D, and other nutrients to help build and strengthen bones and fuel growth and development.



At lunchtime, whether you bring or buy your lunch, it is important to shape an athlete's plate. Here are some ideas to do just that!

WHOLE GRAIN:

- Bring it: Whole grain bread/wrap, crackers, granola bar, pretzels, pasta salad
- Buy it: Rice, potato, pasta, roll, bread/wrap on a sandwich

LEAN PROTEIN:

- Bring it: Deli meat like roast beef or turkey, beans or lentils in soup, peanut butter, nuts
- Buy it: Beef plain or on a burger, chicken, fish, pasta with meat, peanut butter

DAIRY:

- Bring it: Yogurt, string cheese, cheese on a sandwich/wrap, cottage cheese, milk
- Buy it: Cheese on a sandwich/burger/wrap or in a casserole, yogurt parfait, milk

VEGETABLE:

- Bring it: Veggies on a sandwich/wrap, salad, raw veggies with a dip
- Buy it: Side item veggies with entree, veggies in a stir fry or pasta, salad

FRUIT

- Bring it: Whole fruit, 100% apple sauce, fruit in a parfait, 100% fruit juice
- Buy it: Whole fruit, side item of chopped fruit, fruit in a smoothie

Packing a lunch is an excellent way to ensure you get the nutrients you need to fuel the day. Plus, you can pack the foods you like and enjoy eating rather than relying on the cafeteria to provide everything. In addition, many lunch periods run short on time leaving you with minimal time to eat if you have to stand in line. Bringing a lunch to school can help save time and allow an optimal opportunity to eat.

Dinner is a fantastic time to catch up on food groups that were missed during the day. There are lots of nutrient-rich twists parents can make on their athlete's favorite foods to provide a meal that tastes good and is good for them. After all, dinner is designed to refuel athletes after a long day.

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TOP 10 LUNCH BOX LUNCHES

1. Whole grain wrap with roast beef, Swiss cheese, lettuce, and tomato with pretzels, baby carrots, hummus, and a fruit
2. Peanut butter and jelly sandwich on whole wheat bread with apple slices, two cheese sticks, and sweet wbaby peppers
3. Whole wheat pita slices with hummus, cherry tomatoes, cucumber slices, hamburger patty or grilled chicken, cheese cubes, and a fruit and yogurt parfait
4. Toast with avocado and hard-boiled eggs, cheese stick, cherry tomatoes, and cantaloupe slices
5. Whole grain crackers, deli meat roll-ups, pistachios, strawberries, celery, and yogurt-based ranch dip
6. Whole grain granola bar with peanut butter to-go-cup, Greek yogurt, grapes, baby carrots, and ham roll-ups
7. Roast beef and mozzarella roll-ups, whole grain crackers, guacamole, cherry tomatoes, fruit, and chocolate milk
8. Overnight oats made with milk, yogurt, nuts, dried fruit, and almond butter with hard-boiled eggs, banana, and milk
9. Turkey, pepperoni, mozzarella cheese stick, marinara sauce dip, whole grain pita chips, baby sweet peppers, and fruit
10. Mini whole grain pitas with hummus, cheese cubes, blueberries, beef jerky, and a whole grain granola bar

TOP 10 QUICK & NUTRITIOUS DINNERS

1. Mexican Food Night
 - » Whole wheat tortilla quesadillas with ground beef crumbles or shredded chicken, cheese, and veggies with steam-in-the-bag rice, black beans, and salad
2. Burger Night
 - » Whole grain bun, lean beef patty, cheese, lettuce, tomato, and mashed avocado with grilled veggies and fruit salad
3. Breakfast for Dinner
 - » Scrambled eggs with ground beef, oat blueberry pancakes, sausage, fruit, and milk
4. Wrap It up
 - » Roast beef/chicken/turkey and cheese wraps toasted with veggies of choice, avocado-yogurt dip, sweet potato fries, and fruit
5. Taco Tuesday
 - » Whole wheat or corn tortillas, ground beef or fish, lettuce, tomatoes, cheese, and guacamole with Mexican corn and green salad
6. Pizza Night
 - » Individual whole grain pitas topped with tomato sauce, cheese, ground beef/chicken/ham/pepperoni and veggies, a salad topped with nuts and fruit, and milk
7. Gyro Bar
 - » Whole grain pita bread, sliced steak, grilled chicken slices (could be leftovers), hummus, lettuce, tomato, olives, and feta cheese with salad and roasted potatoes
8. Pasta Night
 - » Whole grain noodles mixed with zoodles, ground beef, tomato-based pasta sauce and cheese with green beans, whole grain roll, fruit, and milk
9. Spud Night
 - » Baked potatoes (skin on) stuffed with leftover steak or chicken, broccoli, and cheese with a side of steam-in-the-bag veggies and fruit
10. Stuffed Mushrooms
 - » Large portobello mushroom caps roasted and stuffed with what you have: Protein (ground beef, chicken), whole grain (rice, quinoa, couscous), veggies, cheese paired with a fruit smoothie