

Before meet meals

Breakfast Sandwich

Whole wheat English muffin, 1 egg , slice of American cheese and ketchup 1 slice of turkey bacon (about 300 calories, 5g of fat, the combo of whole wheat muffin and protein is a great start with your meal)

Sweet tooth healthy breakfast

Whole wheat pancakes made with bananas or berries (you can get Aunt Jemima Whole Wheat Pancake mix at the supermarket)

Turkey and Cheese on whole wheat

Peanut Butter and Jelly, banana or apple on whole wheat

Greek yogurt with Honey and granola

At meet snacks

Apples

No sugar added apple sauce (gives carbs, quick energy with fast digestion)

Bananas

Reduced sugar granola bars

Nuts (almonds are a healthier and often less allergic option) or mix up some nuts, raisins, dried cherries or cranberries (stay away from the choc chips!)

Oatmeal cookies (homemade, with extra oats, less sugar and added dried fruit; recipe to follow)

Cheese sticks or Cabots cheddar makes 50% reduced fat individually wrapped cheese bars/ good with a multigrain cracker

Always stay hydrated