

PERFORMANCE NUTRITION

PLAY OF THE DAY:

PERFORMANCE SNACKS

Need some snack ideas to help re-**FUEL** and re-**BUILD** after a workout, game or practice?

High-Performance Snacks:

- + Cottage cheese with fruit
- + Low-sodium beef or turkey jerky
- + Trail mix
- + Pumpkin seeds
- + Hard-boiled eggs
- + Celery with nut butter (almond, cashew, walnut)
- + Fruit smoothie
- + Homemade energy or protein bar
- + Hummus & Veggies
- + Peanut butter and banana/apple slices
- + Chocolate milk
- + Fruit, yogurt & granola
- + Toast with almond butter
- + Homemade blueberry flax muffins
- + Cheese and whole grain crackers
- + Whole grain cereal with milk

EVERY DAY IS GAME DAY.

