

## RACCOON PRIDE AWAY PRE-GAME MEALS

The primary goal for providing athletes with a pre-game meal is to fuel the body for competition. The best strategy is to choose lower-fat foods. Choose foods that favor leaner protein and carbohydrates such as bread, cereal, toast, grilled, baked, or broiled meats, tomato instead of cream sauce, and low-fat milk.

Pre-game meals include:

- Baked potato (plain): medium
- Cereal (whole grain): 1 cup cereal
- Bagel (whole grain) with 2 tbsp peanut butter
- Oatmeal (instant): 1 cup oatmeal
- Yogurt (nonfat) with fruit and nuts 1 cup
- Pancakes/waffles: 2 pancakes/waffles
- Scrambled eggs: 2-3 eggs
- Fresh fruit (chopped apple): 1 cup
- Pasta with meat sauce: 1 cup pasta
- Pasta with red sauce: 1 cup pasta
- Grilled chicken: 4 oz chicken
- Lettuce salad: low fat dressing
- Fruit salad
- Vegetables: 1 cup
- Rice (white/brown): 6 oz rice
- Granola bar: 1 bar
- Protein bar: pick one up after school
- Turkey sandwich turkey(cheese, lettuce, tomato)
- Ham sandwich turkey(cheese, lettuce, tomato)
- Peanut butter and jelly sandwich
- 2 slices whole wheat bread
- Baby carrots 7-10 carrots with low-fat mayo or ranch
- Tuna sandwich tuna: 2 oz drained tuna
- Trail mix with nuts/raisins 1/3 cup
- Almonds: 1-2 hand full
- Hardboiled egg: 1-2
- Egg salad sandwich
- Whole grain crackers and cheese
- Fruit smoothies - blend 6-8 oz milk(skim or almond with a medium banana, ½ cup berries and 1-2 ice cubes)
- Beverages – Low fat milk(skim or 1%) white or chocolate: 8 - 16oz
  - Gatorade(not G2 low calorie) drink: 8 - 12 oz
  - Water: 32+ oz.

**\*\*Avoid junk/fried food and high sugar carbs such as:**

- Donuts, pastries
- Honey, candy, candy bars
- Soda, punch, energy drinks
- Fast food – Subway and Jimmy Johns is ok.
- Fried meats, fried potatoes, bacon and sausage

**Train like an athlete, Eat like a nutritionist, Sleep like a baby, Win like a champion**