

BK ATHLETICS - SUGGESTED FOOD/SHOPPING LIST

CARBOHYDRATES	PROTEINS	BEVERAGES
<ul style="list-style-type: none"> • Oatmeal, cooked cereals • Non-sugared breakfast cereals • Rice (Brown/White) • Quinoa • Couscous • Barley • Pastas (Whole Grain) • Beans/Lentils- all varieties • Tortillas - corn & flour • Whole Grain Wraps, Pita • Whole Wheat Bread & rolls • Bagels, English Muffin • Lowfat crackers • Tortilla chips, baked chips • Low fat ice cream, sherbet • Trail mix • Whole grain waffles or pancakes • Animal or Graham Crackers • Fig bars, Gingersnaps • Low fat popcorn, Pretzels • Cliff, Luna, Power, Quaker or other low fat bars • Favorite Fruits - all varieties • Orange, Apple, Banana, Pear, Peach, Nectarine, Berries, Pineapple, Mango, Papaya • Melons, Grapes, Grapefruit, Kiwi • Dried Fruit • Fruit Juices - 100% Juice • Tomato/V-8 Juice • Tomato Sauce or Pizza Sauce • Potatoes, Sweet Potatoes • Corn, Peas, Snap Peas • Squash, Yams • Green Beans • Green Leafy Lettuces, Spinach, Arugula • Tomatoes • Asparagus • Broccoli, Cauliflower, Cabbage • Peppers - all varieties • Carrots • Onions, Garlic • Beets • Cucumbers • Mushrooms • All other vegetables (fresh/ frozen) 	<ul style="list-style-type: none"> • Low-fat or Non-fat Yogurt • Eggs or Egg Substitute • Low-fat Cottage Cheese • Beans/Lentils • Nuts/Seeds - All varieties • Nut Butter (Peanut, Almond) • Hummus • Light Cream Cheese • Cheeses - Prefer Low Fat • Soy - Tofu, Tempah, Nuts • Black Bean Burgers • Veggie Burgers • Fish - All varieties • Tuna- Fresh or packed in water • Shrimp, Scallops, Clams, etc • Turkey, Ground Turkey • Chicken, Ground Chicken • Lean Beef • Ground Beef with <10% fat • Lean Pork and Lamb • Low fat/sodium deli meats • Low fat/sodium chicken or turkey sausage or bacon <p>Snack Ideas for Road Trips and After Games/Meets:</p> <ul style="list-style-type: none"> Veggies and Dip Apples and Caramel or PB Trail Mix Fresh Fruit Pretzels and Chocolate Milk Dried Fruits and Nuts Low Fat Cheese & Crackers Peanut Butter and Bananas Bagels and Hummus Finger Sandwiches 100% Fruit or Veg Juice Energy Bar Pieces Wraps or sandwich rolls Tortilla Chips w/ Guacamole/Salsa Greek yogurt Homemade Cookies and Milk String Cheese Cold Half-Cheese Pizza Homemade Granola Clusters Almond Butter on Graham Crax 	<ul style="list-style-type: none"> • Water • Non-fat or lowfat milk and chocolate milk • Soy milk • Low fat hot chocolate • 100% fruit &/or vegetable juice • Decaffeinated tea, coffee or iced tea • Fruit smoothies • Switch, Izze, Ice, drinks made from fruit juice • Gatorade, Power Aid, Propel, Misc Sport Drinks <p>Recipes:</p> <p>Homemade Sport Drink In 1 quart container add 1/4 c. orange or other 100% juice, 1/4c sugar, 1/4 t salt, 2 T lemon juice and fill remainder with water. Shake and refrigerate. 8 oz = 50 cal, 110 mg sodium</p> <p>Abby Wambach's Bars</p> <ul style="list-style-type: none"> 1/4 c. butter 10 oz chopped dates 1/2-1 c sugar 2 eggs 1/2 tsp salt 1/2 tsp cinnamon 1/4 tsp baking powder 1/2 c flour, preferably half whole wheat Optional: 1 c chopped nuts <ol style="list-style-type: none"> 1. Preheat oven to 350 F 2. Melt butter in microwave 3. Add dates, sugar, eggs, cinnamon & salt to the butter and beat well 4. Mix the baking powder in flour and stir into the date mixture. Add nuts 5. Pour in oiled 9"x9" pan 6. Bake for 45 minutes <p>Makes 9 servings 1 square=220 cal, 40 gm carbs</p>

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