

Breakfast Menus:

Apple juice
Oatmeal
Skim milk
Banana
Whole wheat toast

Orange juice
Pancakes
Low fat yogurt

Lunch Menus:

Chicken sandwich on whole wheat
Low fat yogurt
Carrot slices
Fruit cup
Skim milk

Sliced turkey on whole wheat
Baked potato
Peas

Baked chicken
Rice pilaf
Steamed broccoli
Muffin

Grilled fish
Cottage cheese
Mashed potatoes
Steamed veggies
Salad

Dinner Menus:

Minestrone soup
Spaghetti with meat sauce
Italian bread
Fresh fruit

Lean roast beef
Brown rice
Corn
Rolls
Frozen yogurt

Traveling:

Choose juice or skim milk, not pop
Order muffins, bread or crackers with soup
Request chili or wholesome sandwiches
Order thick crust pizza without pepperoni
Avoid fried or breaded foods

Less than 1 hour before competition:

Fruit and vegetable juices
Fresh fruit, ie watermelon, apples, grapes

Two hours before competition:

Breads, bagels, muffins

Three hours before competition:

Peanut butter, cheese, bowl of cereal

PROTEINS:

Lean meat, chicken, fish, nuts, peanut butter, low fat cheeses, steak

CARBOHYDRATES:

Cereal, pancakes, waffles, breads, bagels, muffins, whole grains, granola, pasta, potatoes, oatmeal

SNACKS:

Oatmeal cookies, pretzels w/o salt, yogurt, frozen yogurt, fresh fruit – i.e. apples strawberries or grapes, crackers, bagels, granola, nuts, raisins, trail mix, ice milk, sherbet, raw veggies

Breakfast 500 calories

dairy fruit grainX2

Brunch 450 calories

fruit grain protein

Lunch 1000 calories

dairy fruit grainX2 veggieX2 proteinX2

Snack 500 calories

fruitX2 grainX2

Dinner 850 calories

dairy fruit veggieX2 grain proteinX2

Snack 400 calories

fruit grainx2