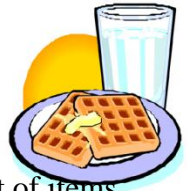


Meal Ideas

Breakfast

- Egg white omelette with vegetables and low-fat cheese
- Small bowl of whole-grain cereal with slice of whole-grain bread with peanut butter
- Oatmeal with banana and almonds
- Cottage cheese/yogurt with fresh fruit and whole-wheat English muffin
- Whole-wheat frozen waffle with fresh fruit
- Home-made breakfast burrito: scrambled egg, low-fat cheese, salsa
- Whole-wheat toast with jam and fruit smoothie with yogurt and frozen berries



Snacks between practice sessions

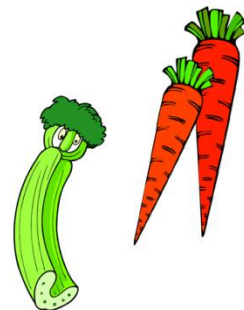
- Choose any of the sandwich type items and add other food options. The amount of items chosen is based on your appetite and the amount of food you are able to tolerate between practices. For a lighter snack simply choose less items.

Sandwich type items

- Whole wheat English muffin with peanut butter and jam
- Round whole wheat sandwich, cheese, turkey
- Whole wheat pita, ham, cheese, lettuce, cucumbers, tomatoes
- Whole wheat wrap with peanut butter and banana rolled in it
- Whole wheat wrap with chicken breast, lettuce, tomato

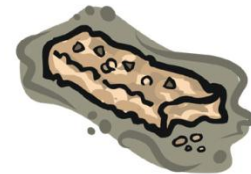
Other food options

- Low-fat yogurt with fruit and/or granola
- Fresh/canned/dried fruit
- Vegetable sticks with low-fat dip
- Nuts/trail mix
- Low-fat granola bar
- Rice cakes with peanut butter
- Hard boiled egg
- Home-made muffin



Snacks after practice sessions

- Peanut butter and jam sandwich, 1c chocolate milk, fruit
- 1.5L Gatorade
- 1c frozen smoothie, granola bar
- 4 homemade cookies and 2c chocolate milk
- 3c Gatorade, 2c chocolate milk
- fruit, granola bar, 1c chocolate milk
- 1c pureed fruit, granola bar, 2c Gatorade
- yogurt, fruit, granola bar, 2c Gatorade



Supper

- Pasta with chicken, tomato sauce, vegetables and side salad with vinaigrette
- Baked pork tenderloin with brown rice and steamed asparagus
- Beef stir-fry on brown rice with broccoli, peppers, mushrooms and carrots with bottled stir-fry sauce
- BBQ chicken breast with roasted potatoes and frozen mixed vegetables
- Baked salmon, wild rice and steamed beans
- Homemade pizza: homemade crust, tomato sauce, grilled chicken, low-fat cheese, peppers, mushrooms and pineapples
- Beef chilli with side garden salad and vinaigrette



Beverages (incorporated with each meal):

- Water
- Chocolate milk or white milk (skim or 1%)
- Unsweetened fruit juice
- V8 juice
- Sports drink (this should be consumed daily)
- Meal replacement shake if you have a sensitive stomach



The above are ideas for breakfast, snacks between practice sessions, post practice sessions and supper. Examples do not necessarily have to be exactly followed, but used as a guideline. For example, fruit mentioned can be substituted for another and the same for vegetables, sandwich bread (bread, roll, tortilla, pita, English muffin, etc.), meat (chicken, beef, pork, tofu, etc) and starch (potato, rice, pasta).