Nutrition information

**General Tips for Healthy Meals and Snacks:**

* Plan ahead for the week. Take 10 minutes on the weekend to plan out a family calendar of meals.
* If you have to hit up the drive thru, make smarter choices like grilled chicken sandwiches/wraps, apple slices, or yogurt parfaits.
* Pack meals to take with you. Have all items deconstructed in the refrigerator and ready to go for quick preparation!
* Buy food items in bulk to have on hand during busy seasons.
* Provide food for your child to keep in their locker or backpack.
* Pack 2-3 meals ahead of time. Put in lunch boxes or brown bags for quick grab and go access.

**Healthy Breakfast Ideas:**

* Smoothies – put all the ingredients in the blender the night before, and stick it in the fridge overnight so it’s ready to go when the kids wake up
* English muffins with peanut butter and banana slices
* Yogurt, granola, fruit parfait
* Granola bar with piece of fruit
* Hard boiled eggs and toast
* Whole grain cereal with milk
* Non-traditional breakfast is okay too!
  + Turkey/cheese sandwiches
  + Cheese stick and crackers
  + Leftovers from the night before
  + Breakfast pizza on English muffin with sauce, cheese, and veggies
  + Grab & Go Breakfast Ideas:
* Skinny Omelet – Eggs are cooked into a crepe-thin omelet and wrapped around delicious fillings
* Overnight Eats in a Jar – Mix Peanut Butter/Almond butter/Jam with oats in a jar and leave overnight.
* Peanut butter Strawberry Quesadillas – Made with whole wheat tortillas
* Egg Muffins – Mix eggs, meat & cheese together and cook in muffin pan in oven

**Healthy Lunch and Dinner Ideas:**

* Chicken breast/fish/lean beef with pasta/rice/quinoa, veggie side dish, whole grain rolls, and frozen yogurt for dessert
* Pasta with lean meat sauce, garden salad, and whole grain rolls
* Burritos or rice bowls with rice, chicken/pork/beef, beans, vegetables, salsa, light sour cream and cheese Sandwiches on whole grain bread, turkey/chicken/roast beef, veggies, cheese, and pretzels or baked chips on the side
* Veggie and chicken quesadillas, with tortilla chips and guacamole
* Stir fry with chicken/pork/beef and veggies, served over rice or noodles
* Turkey sandwiches with cheese warmed in the oven topped with veggies. Serve with fruit.

**Healthy Snack Ideas:**

* Granola bars
* Crackers with peanut butter
* Fruit (banana, apple, applesauce in a pouch) and nuts
* Baggie of trail mix
* Pretzels with cheese cubes
* Cheese stick with a piece of fruit
* Popcorn
* Half of turkey sandwich
* Bowl of whole grain cereal

**Pre-Practice/competition Snacks:**

1. Peanut Butter and Honey Sandwiches

2. Homemade Trail Mix

Nuts, like almonds, peanuts and cashews, provide protein and healthy fats. Mix them with a source of simple carbs, like dried fruit, granola or even bits of pretzels, and you've got the ideal combo. Other suggested ingredients include dark chocolate, cocoa nibs, whole grain cereal, peanut butter chips, chocolate chips, sunflower seeds and light popcorn.

3. Sports Nutrition Bar

Sports nutrition bars are great because they take the thinking and the prep time out of the equation and give you a portable, non-spoiling meal specifically designed to fuel you for sport.

4. Piece of Fruit with Beef Jerky

Jerky is high in protein and sodium, which can keep you from cramping if you're sweating buckets, and the fruit will be rich in carbs, the fuel that powers you through workouts.

5. Coconut Water and Protein Powder

Toss a bottle of coconut water and a zip-lock baggie with a scoop or two of your favorite protein powder in your gym bag before you leave for school, then down it an hour before practice starts.

6. Sports Drinks

Since they don't take long to digest, sports drinks will be in and out of your stomach faster than the solid foods on this list.

7. Pretzels

Another easily packed snack, pretzels are high in carbohydrates as well as sodium, which you lose through sweat. If you're too low on sodium, you're more likely to cramp.

8. Energy Chews

Gatorade and CLIF both make gummy-bear-like products loaded with simple carbs that can be broken down quickly to provide energy for your muscles.

9. Fruit

Fruit appears on this list quite a few times with other foods. Best Fruits are Bananas, Apples, Melon/Cantaloupe Slices, Grapes.

**Snacks on the go recipes:**

**APPLE COOKIES**  
Serves 8 cookies

1 apple  
1/4 cup peanut butter  
1/4 cup almonds, sliced  
1/4 cup walnuts, chopped  
1/4 cup shredded coconut  
1/4 cup chocolate chips

Slice apple into thing rings and remove core. Spread peanut butter over one side of ring. Top with almonds, walnuts, coconut, and chocolate chips.

**Cookie Dough Snack Balls**

1­ 1/2 cups unsweetened coconut flakes

½ cup nut butter of choice or peanut butter.

½ cup coconut oil, melted or softened

1 teaspoon pure vanilla extract ⅔ cup mini chocolate chips

Instructions 1. Combine all the ingredients, except mini chocolate chips into a bowl and stir until well incorporated. 2. Stir in mini chocolate chips. 3. Roll out into bite size balls (about 1 inch). 4. Refrigerate or freeze until hardened (only takes a few minutes!) 5. Eat and enjoy! Notes Keep any leftovers in the fridge or freezer. \*To make this even more simple if you don't feel like rolling into balls, just spread the mixture into an 8x8­inch, parchment lined baking pan. Refrigerate until hardened and cut into squares.

**Honey Nut Bars**

Ingredients

Orange Bars

1 cup Cashews

½ cup Almonds

½ cup Pecans

½ cup Unsweetened Shredded Coconut

1 tsp Pure Vanilla Extract

Zest of half a Navel Orange

½ tsp Sea Salt

¼ tsp Ground Ginger

½ cup + 1 Tbsp (total of 9 Tbsp) Raw Honey

Cinnamon Bars

1 cup Cashews

½ cup Almonds

½ cup Pecans

½ cup Unsweetened Shredded Coconut

1 tsp Pure Vanilla Extract

½ tsp Sea Salt

½ tsp Ground Cinnamon

½ cup + 1 Tbsp (total of 9 Tbsp) Raw Honey

Instructions

Preheat oven to 350F.

Line an 8x8 baking pan with parchment paper, leaving flaps on all 4 sides.

Roughly chop the almonds and cashews by hand, in a hand chopper, in a blender, or in a food processor. Pieces should be about ¼" at the largest.

Combine all ingredients except honey in a large bowl and stir until combined.

Pour in the honey and mix with a fork until everything is evenly coated.

Spread mixture into the prepared baking dish, pressing down to pack it in and reach all edges and corners of the pan. I use coconut-oiled hands to do this.

Bake in the preheated oven for 20 minutes.

Remove to a wire rack. Use the parchment flaps to press the bars down and compact them before they cool all the way.

After the bars have cooled about 30 minutes, lift the bars out of the pan by the parchment paper flaps and flip over onto a piece of parchment so the bottom is now the top.

Reshape back into a square and press down a little if the flipping moved things around a little. Peel off the parchment paper.

Allow to cool completely and cut into (16) 2" x 2" bars.

Wrap individually for a quick snack. Eat within 1 week.

**Portable Baked Oatmeal – Snack Size!**

Ingredients:

1 cup rolled oats (use GF oats if necessary)

2 tbsp chia seed (or ground flax)

1 tsp cinnamon

1/4 tsp nutmeg

pinch of fine grain sea salt

1/2 tsp baking powder

1 cup almond milk

1.5 tsp vanilla extract

2 tbsp pure maple syrup

1 peach (or other fruit like apple or banana), chopped

1/3 cup walnuts or pecans (or use seeds for nut-free), chopped

1. Preheat oven to 350F. Grab 6 mini mason jars (125ml/4.2 oz) and remove lids. Alternatively, you can use 8oz jars and make 3-4 servings.

2. In a large bowl, mix together the oats, chia seed (or ground flax), cinnamon, nutmeg, salt, and baking powder.

3. Add the almond milk, vanilla, and maple syrup and stir until combined. Fold in the chopped fruit and nuts.

4. Keep stirring the mixture so some of the milk will absorb. Divide the mixture between the 6 mason jars (about 1/3 cup mixture each), leaving about 1.5 cm at the top. If any milk remains at the bottom of the bowl, divide it between the jars. Gently push the oatmeal down with your fingers.

5. Bake at 350F for 22-25 minutes on a small baking sheet, or until slightly firm and golden on top. Allow to cool completely for about an hour or longer. Add any toppings you desire, place on lid, and into the fridge.

**SKINNY CHOCOLATE PEANUT BUTTER BANANA SHAKE**

A thick, frothy shake made with frozen bananas, creamy peanut butter, and chocolate. This healthy recipe is perfect for a snack or breakfast on the go.

1 frozen banana (no substitute)

1/2 cup light vanilla or chocolate almond milk

1 tablespoon cocoa powder

2 tablespoons fat-free Greek yogurt

2 tablespoons peanut butter

1 teaspoon agave or honey

DIRECTIONS:

Place all of the ingredients in a blender. Blend until smooth and creamy. If the shake is too thick, add a little more almond milk.

**Frozen Yogurt on a Stick**

Open a six-ounce container of fruit yogurt; drain excess liquid, and stir. Add a couple of teaspoons of berries and granola on top, pressing into yogurt a bit. Cut a slit in the lid, just large enough to insert a large craft stick. Put lid back on; insert stick halfway into yogurt. Freeze at least 5 hours. To unmold, dip cup into bowl of warm water.

**5 Minute No Bake Peanut Butter Granola Bars**

(makes about 12 bars)

Ingredients:

1 & 3/4 C rolled oats

1 C crisp puffed brown rice cereal

1/4 C pumpkin seeds

1/4 C sunflower seeds

1/4 C chia seeds OR 1/8 C finely ground flaxseed (both optional)

1/4 C unsweetened coconut (optional)

1/2 C brown rice syrup

1/3 C creamy peanut butter

1 tsp. vanilla extract (optional)

Instructions:

1) Add all the dry ingredients to a large bowl. Mix them together.

2) In a separate (microwave safe) bowl, mix together the wet ingredients, then microwave them for about 20 to 30 seconds. This will make it easier to mix and add to the dry ingredients since it’s really sticky!

3) Pour wet ingredients into dry and mix! Keep mixing until the wet binding ingredients are as well distributed as possible. Put some muscle into it! ;)

4) Put the mixture into a shallow pan and flatten it down. Place pan in fridge to let the bars chill/set.

5) After about 30 minutes in the fridge (or you can wait until the next day – whatever works), cut them into bars, then wrap them up in foil and store back in the fridge (or in the freezer!) for easy grabbing and go-ing!

**AFTER PRACTICE DINNER IDEAS THAT YOU CAN MAKE AHEAD OF TIME:**

**VEGGIE NUGGETS**

INGREDIENTS

1 cup shredded carrots

3 cups broccoli florets

1 garlic clove

2 eggs

1¼ seasoned breadcrumbs, divided

¾ cup shredded cheddar cheese

½ teaspoon onion powder

½ teaspoon black pepper

1 tablespoon canola oil

INSTRUCTIONS

Shred carrots. Steam broccoli in the microwave for two minutes or until tender.

Place shredded carrots, steamed broccoli, garlic, eggs, 1 cup of the breadcrumbs, cheese, onion powder, and black pepper in food processor and pulse for 15 seconds or until well combined. Mixture should form easily into a ball. If it's too crumbly, add water one teaspoon at a time until you achieve the desired consistency.

Form mixture into balls, about a tablespoon each (I use a cookie scoop). You should get about 25 nuggets. Flatten slightly into round discs about ½-inch thick.

Place remaining ¼ cup breadcrumbs in a shallow dish. Coat each veggie nuggets with breadcrumbs.

Heat oil in a skillet on medium high heat until it sizzles when sprinkled with water droplets.

Arrange nuggets in skillet and cook about 4 minutes each side, or until golden brown and crispy.

Serve with honey-mustard sauce, ketchup, or other favorite dip

**Vegetable "Fried" Rice with Almond-Teriyaki Sauce**

Ingredients:

2 cups pre-cooked brown rice

1 onion, diced

1 small package (10 oz) frozen green beans

2 Tbsp slivered almonds

2 Tbsp reduced-sodium teriyaki sauce

1/4 cup almond butter

1/2 tsp granulated garlic

1/4 tsp cayenne pepper

Cooking oil spray

4 eggs

Directions:

Cook rice, and heat green beans according to package directions. Meanwhile, in a large non-stick pan, sautée onion pieces in a thin layer of water. When the onions become translucent, add almonds and Teriyaki sauce. Add minimal water as needed; when liquid begins to absorb, mix in green beans and almond butter. Add rice to pan, mixing in garlic and cayenne pepper. Meanwhile, spray a medium nonstick pan with cooking oil spray, and fry eggs. Divide vegetable-and-rice mixture into four bowls, topping each bowl with a fried egg. Serves 4.

**KALE CAESAR PASTA SALAD**

Ingredients

1 pound whole-wheat pasta

1 1/2 cups cherry tomatoes, halved

1 1/2 cups light Caesar dressing

1 bunch kale, chopped

1/2 red onion, finely chopped

1 can low-sodium garbanzo beans, drained and rinsed.

1/2 cup Parmesan cheese, grated

1 teaspoon black pepper

Instructions

1. Cook pasta according to directions, drain and put into a large bowl.

2. Mix together tomatoes, kale, onion, garbanzo beans, pasta and Caesar dressing. Top with Parmesan cheese and black pepper.

Enjoy!

**Crispy Oven "Fried" Chicken**

Ingredients

Four 4-ounce boneless, skinless chicken breast halves

3 tablespoons all-purpose flour

1 tablespoon ground flaxseed

1 teaspoon low-sodium Old Bay Seasoning

¼ cup 1% low-fat milk

2 teaspoons lemon juice

1 teaspoon Dijon mustard

3 generous cups cornflakes, crushed

Instructions

Preheat the oven to 400°F. Line a rimmed baking sheet with aluminum foil. Spray a cooling rack generously with nonstick cooking spray and place in the prepared sheet.

Pat the chicken dry with paper towels. Season generously with kosher salt and pepper and set aside. Prepare the breading by placing the flour, flaxseed, and Old Bay in a wide bowl or on a plate, and mix together with a fork.

Place the milk, lemon juice, and mustard in a second wide bowl and whisk together until well combined. Place the cornflakes in a third wide bowl or plate.

Dredge each chicken piece in the flour mixture until well coated; tap off excess flour. Coat each floured chicken piece in the milk mixture and then roll in the cornflake crumbs until very well coated.

Arrange the chicken pieces on the rack and place in the oven. Cook for 10 minutes, lower the heat to 350°F and cook for another 10 to 15 minutes, until the chicken is cooked through and the coating is crispy. (Adjust cook time accordingly if chicken breast halves are greater than 4 ounces each.)

**Honey Chicken Salad**

Ingredients

1/2 cup of diced or shredded rotisserie chicken

2 tbsp. of Greek yogurt

2 tbsp. raisins or dried cranberries

1/2 tbsp. honey

2 slices of bread

Directions

Mix chicken, Greek yogurt, raisins/cranberries, and honey. Put on bread and enjoy