

MEALS UNDER \$5

**Eat great without breaking the bank
with these easy options.**

5 FOR BREAKFAST:

1. Greek yogurt + fruit
2. Toasted waffle + nut butter + jelly
(fold in half and it's portable!)
3. Breakfast burrito with scrambled eggs,
low-fat cheese, salsa and tortilla
4. Overnight oats (made with milk) + fruit
5. Egg Muff-lettes (egg/veggie/cheese
omelets baked in muffin tins) & toast with jam

5 FOR LUNCH/DINNER:

1. Tuna + veggie + low-fat ranch dressing
in a tortilla roll-up
2. Mediterranean pita with chicken, cucumbers,
tomatoes and Greek dressing
3. To-go salads: cooked protein, pasta, veggies
and low-fat dressing, packed in a lidded cup
4. Rice or quinoa bowls with sautéed shrimp
and veggies
5. Bean and cheese quesadillas with salsa

5 FOR SNACKING:

1. Nut Butter Dunk – microwave nut butter
until melted and dunk apple chunks
2. Hummus and veggies/pita chips
3. Frozen yogurt + fruit ice pops
4. Fresh fruit kebabs with yogurt dip
5. Baked tortilla chips with taco-seasoned cooked
ground turkey, low-fat cheese and salsa

THE ATHLETE'S ESSENTIALS

THE FUEL TO HAVE ON HAND FOR YOUR ATHLETE:



Grains/Pasta/Starches

pasta
brown rice
couscous
quick cook polenta
quick cook grits
wholegrain bread
pita
tortillas: corn or flour
potatoes: sweet or white
oatmeal
quinoa
granola bars



Beans/Legumes/Nuts

black beans – canned
cannellini beans – canned
garbanzo beans – canned
northern white beans – canned
kidney beans – canned
dried lentils
peanut butter or other nut butter
nuts: almonds, walnuts,
pecans & pistachios



Seasonings

olive oil
balsamic vinegar
dried herbs/spices
pesto
Dijon mustard
roasted red peppers
sun-dried tomatoes
tomato paste
lemons/limes
honey
garlic
capers



Countertop Items

tomatoes
bananas
fruit needing ripening



Frozen Foods

frozen fruit – for smoothies, etc.
frozen vegetables
frozen grilled chicken/beef strips
frozen shrimp
microwavable entrées
soups/stews – to defrost & reheat



Canned Goods

tomatoes
broth
beans
marinara sauce
tuna
fruit: pineapple, pears, etc.



Refrigerated Items

fruit juices
eggs
fat-free milk
low-fat cottage cheese
hummus
butter
veggies: carrots,
cucumbers & lettuce
fruit: apples, grapes & melon
Greek yogurt
low-fat sour cream
cheese: Parmesan, jack,
mozzarella & cheddar
fresh herbs: basil/cilantro



Drinks/Protein Bars/Gels

water
100% fruit juice
milk (whole, 2%, 1%, skim, soy, almond)
Gatorade
gels or protein bars
protein powder, chocolate syrup
unsweetened/lightly sweetened tea
coffee

GATORADE
THE SPORTS FUEL COMPANY™