

# Athlete Snack Ideas

## No Refrigeration

- Whole wheat tortilla with nut butter and banana rolled inside
- Trail mix: variety of nuts, dried fruit, and dark chocolate
- Individual hummus and crackers
- Dry whole grain cereal
- Lean beef jerky
- Fig newtons
- Rice cakes and nut butter
- Protein powder and shelf-stable milk (usually in the baking aisle)
- Pre-popped popcorn and nuts
- Pita, individual hummus and an apple
- Dried edamame
- Snap peas and carrots
- Peanut butter and honey/banana sandwich on whole wheat bread
- Granola/protein bars
- Baked corn tortilla chips and salsa

## Cooler Needed

- Cottage cheese and berries
- Greek or regular yogurt with nuts or granola
- String cheese
- Baked apple with cinnamon and brown sugar
- Tortilla, lean deli turkey and mustard or mayo
- Sliced cucumber, zucchini, bell peppers, and tomatoes
- Crackers and guacamole
- Whole wheat English muffin and individual cream cheese
- Lean ham and lowfat cream cheese rolled in whole wheat tortilla
- Vegetarian refried beans, salsa, and string cheese wrapped in whole wheat tortilla
- Tuna or chicken salad and crackers
- Mini English muffin pizzas with marinara, melted cheese and Canadian bacon
- Chicken quesadilla slices: whole wheat tortilla, cheese and canned chicken