

Youth Fueling: Nutrition Manual for Sports Performance

Breakfast Sample Meals/Foods Section

2-4 Hours Before Event

Home Cooked Options

Fat Free Yogurt w/ strawberries & walnuts + Granny Smith Applesauce

Banana + Soaked Oats + Fat Free Yogurt (*Section 3.1*)

Toast with jelly (*don't sweat fully sweetened jelly or jams*) + Egg White Omelet w/ Fat Free Cheese

Papaya & Pineapple + Egg White Turkey Omelet + Fat Free Cheese (*Section 1.3*)

Reese's Oatmeal (*soaked oats + 1 tsp nut butter + 1 cup fat free chocolate milk*)

On the Go Options

Chickfila

Egg White Grill or Greek Yogurt Parfait w/ Whole Grain Bagel

McDonald's

Yogurt Parfait or Egg McMuffin

Panera Bread

Steel Cut Oats Options, Greek Yogurt Parfait + Fruit Cup

Taco Bell

Breakfast Soft Taco or Mini Skillet Bowl

Dunkin Donuts

Turkey Sausage Sandwich, Wakeup Wrap Sandwich w/ Turkey Sausage, or Ham Egg & Cheese English Muffin

To view section and purchase **Youth Fueling: Nutrition Manual for Sports Performance** in its entirety visit:

<http://store.xlathlete.com/product-p/youthnutrition.htm>

**Table 3.1.2*