

Athlete Recipe Resources



What we eat has a powerful impact on how we feel, think, and perform—especially for athletes and growing minds. Healthy eating isn't just about energy; it's about fueling the brain for focus, emotional regulation, and recovery. Whether it's game day or a study session, balanced meals and smart snacks help young people stay strong, sharp, and resilient. Use the ideas below to build habits that nourish both the body and mind.

Sample Snacks

- String Cheese
- Turkey and Cheese on Whole Grain Rolls
- Fro Yo Pouches (grocery stores have many options)
- Peanut Butter with Apple
- Hard Boiled Eggs (kick up the flavor using hot sauce, everything bagel seasoning)
- Beef Jerky
- Nuts and Seeds
- Trail Mix
- Yogurt Parfaits
- Hummus with Veggies
- Peanut Butter Crackers
- Fig Bars
- Granola Bars
- No Bake Energy/Protein Bites

Quick Breakfast Ideas

- Breakfast Sandwich on Whole Grain English Muffin
- Fruit Salad
- Fruit & Yogurt Parfait using Whole Grain/Flax/Chia Seeds

- Overnight Oats
- Egg & Whole Grain Avocado Toast
- Smoothies
- Meal Prep Veggie Frittata
- Sweet Potato Waffles with Bananas, Blueberries and Pecans

Hydration Strategies

Hydrating Fruits

- Watermelon
- Oranges
- Grapes
- Peaches
- Strawberry
- Pineapple

Infused Waters

- Strawberry Kiwi
- Watermelon, Lime and Mint
- Diced Pineapple, Pineapple Juice, Grapes

Healthy Team Meal Ideas

- Pasta with lean meat sauce and veggies, garden salad and whole grain rolls
- Stir Fry with Chicken/ Pork or Beef and veggies over rice or noodles
- Chicken and Vegetable Quesadillas with Tortilla Chips and Guacamole
- Grilled Chicken Breast with marinade (Italian Dressing, Fajita, BBQ Sauces)
- Salmon with seasonings (Classic Dill and Lemon, Everything Bagel, Dukkah Spice, Blackened Spice)
- Honey Harissa Chicken Tacos, Sweet and Smoky Beef Tacos and Southwest Quinoa Salad
- **Build It Bar Themes** (Be sure to include lots of fun toppings so folks can personalize their bowl, this is also a great time for folks to be adventurous and try new dishes)
 - **Southwest** – Cilantro Lime Brown Rice, Black Bean and Corn Quinoa, Chipotle Cumin Grilled Chicken, Grilled Flank Steak
 - **Greek** – Basmati Rice, Quinoa and Orzo Blend, Souvlaki Grilled Chicken, Grilled Red Onions and Flank Steak, Falafel
 - **Buddha** – Roasted Sweet Potatoes, Kale and Spinach Power Greens, Grilled Chicken, Grilled Steak, lots of fun veggies, avocado, assorted nuts and seeds
 - **Mac and Cheese** – Butternut Squash Mac and Cheese, BBQ Grilled Chicken, Beef & Bean Chili



Sheppard Pratt