

Snack Ideas

1. Egg Avocado Salad with Celery and Fresh Fruit

2 ea.	Pastured, organic eggs, hard boiled
1/2	Avocado, sliced
1 Tbsp.	Mayonnaise (non-canola/soybean - Meridian, Hain)
Dash	Sea salt (Celtic)
8 stalks	Organic celery
1 medium	Organic peach

SportFuel Fact: Choline, a nutrient found in egg yolks, has been shown to help improve stamina and delay fatigue in endurance athletes.

Calories: 407 Pro: 13g Carb: 24g Fat: 29g

2. Lettuce Rolls with Deli Turkey and Cheese

6 leaves	Organic lettuce
6 slices	Nitrate-free turkey (Applegate Farms)
2 ounces	Raw, full-fat cheddar cheese (Organic Valley)

SportFuel Fact: Choose organic nitrate/nitrate-free deli meats whenever possible. Nitrates/nitrites can cause inflammation, making it more difficult to recover from a tough work out or injury.

Calories: 395 Pro: 46g Carb: 1g Fat: 23g

3. Guacamole with Corn Chips and Salsa

1/3 cup	Guacamole (Wholly Guacamole, homemade)
20 chips	Organic corn chips (Way Better)
¼ cup	Organic salsa (homemade, Firefly Kitchens, Newman's Own)

SportFuel Fact: Did you know that an avocado has nearly twice as much potassium as a banana? Potassium is an important electrolyte needed for muscle contraction and proper water balance.

Calories: 430 Pro: 6g Carb: 39g Fat: 25g

4. Almond Butter with Celery Sticks

¼ cup	Almond butter (Maranatha)
8 stalks	Organic celery
Dash	Cinnamon

SportFuel Fact: Cinnamon has anti-inflammatory properties. Toss some onto your favorite fruit to aid in post workout recovery.

Calories: 385 Pro: 12g Carb: 8g Fat: 34g

5. Hummus with Carrots and Almonds

1/2 cup Hummus (Cedar's, or another non-canola based brand)
10 sticks Organic carrots
30 Raw almonds (home prepared, Go Raw, Living Nutz)

SportFuel Fact: Carrots are a good source of vitamin K, which helps with protein synthesis (building muscle) and blood clotting (healing of cuts and scrapes).

Calories: 387 Pro: 14g Carb: 24g Fat: 24g

6. Pumpkin Seeds and Raisins

1/2 cup Pumpkin seeds (Go Raw)
¼ cup Raisins

SportFuel Fact: Zinc, a mineral found in pumpkin seeds, is a very important mineral for athletes. It helps boost the immune system and supports the adrenal glands, a key component for high energy and hormone function.

Calories: 430 Pro: 20g Carb: 33g Fat: 24g

7. Antipasto Plate

1 cup Organic grape or cherry tomatoes
½ cup Organic mozzarella cheese (or 2 organic string cheese)
5 Olives
1 medium Organic peach, sliced
2 ounces Nitrate-free ham (Applegate Farms)
1 Tbsp. Balsamic Vinegar

SportFuel Fact: Grape tomatoes are an excellent source of vitamin C. Did you know that vitamin C not only helps boost your immune system, but also helps your body recover from injuries and inflammation?

Calories: 390 Pro: 28g Carb: 31g Fat: 17g

8. Sliced Banana and Cottage Cheese with Chopped Pecans

1 large Banana
1 cup Organic full-fat cottage cheese (Kalona SuperNatural, Organic Valley)
1 Tbsp. Chopped pecans
Dash Cinnamon (optional)

SportFuel Fact: You have heard that bananas are great source of potassium but did you also know they are a good source of vitamin B6? This vitamin helps build proteins, strengthen the immune system and ensures proper blood flow to all your muscles.

Calories: 374 Pro: 28g Carb: 32g Fat:15g

9. Dried Fig with Mixed Nuts

2 ea Large dried figs
½ cup Mixed sprouted nuts (Living Nutz or Go Raw)

SportFuel Fact: The original training fuel! Figs were the prized fuel for Olympians during the original Olympic games. These sweet treats provide a good source of carb and calcium, a mineral required for healthy muscle and nerve function.

Calories: 416 Pro: 11g Carb: 30g Fat: 28g

10. Kefir and Honey

2 cup Full-fat plain kefir (Lifeway)
1 Tbsp. Raw honey (Really Raw Honey)
Dash Cinnamon (optional)

SportFuel Fact: Kefir is an excellent source of probiotics, which will not only help keep your digestive tract healthy, but may also help enhance your immune system.

Calories: 388 Pro: 20g Carb: 41g Fat: 16g

11. Apple with Sunflower Butter and Raisins

1 Organic apple
2 Tbsp. Sunflower butter (Maranatha)
1 Tbsp. Raw honey (Local Farmers' Market, Really Raw Honey)
2 Tbsp. Raisins

SportFuel Fact: Change things up! Swap out peanut butter for sunflower butter or other nut or seed butters (not soy). Sunflower butter contains 9g of protein per two tablespoons – a perfect combination of healthy fats and protein to help muscles recover after an intense training session. Note: Keep in refrigerator to keep fresh.

Calories: 402 Pro: 8g Carb: 56g Fat: 16g

12. Gluten-Free Crackers with Turkey and Hummus

24 crackers Gluten-free crackers (Mary's Gone Crackers, Nicole's)
4 slices Nitrate-free turkey (Applegate Farms)
¼ cup Hummus (Cedar's)

SportFuel Fact: Need help 'turning off' at the end of the day or after a game? Try incorporating a snack that combines turkey & carbohydrates. Turkey contains tryptophan, an amino acid that helps elevate serotonin levels – a 'feel good' hormone that helps you relax and catch some zzzs!

Calories: 436 Pro: 28g Carb: 45g Fat: 16g

13. Veggie Chips and Sour Cream

28 chips Veggie root chips (Terra Chips)
¼ cup Organic full-fat sour cream (Organic Valley, Kalona SuperNatural)

SportFuel Fact: Fermented cream (aka sour cream) is a good source of probiotics, also known as healthy bacteria. These gut-friendly bacteria are responsible for keeping your immune system strong, improving your digestion, and helping you become a world-class athlete by warding off inflammation.

Calories: 410 Pro: 4g Carb: 35g Fat: 28g

14. Quick Quesadilla

2 ea Sprouted/organic corn tortilla (Ezekiel, Food for Life)
½ cup Organic cheddar cheese (Organic Valley)
½ cup Organic salsa (homemade, Firefly Kitchens, Newman's Own)

SportFuel Fact: What are 'sprouted' grains? They are grains that are soaked before they are cooked. The soaking helps neutralize some compounds called phytates, so your body can better absorb the minerals and vitamins in your food.

Calories: 410 Pro: 16g Carb: 42g Fat: 20g

15. PB and Green Smoothie

1/2 cup Full-fat coconut milk (Native Forest in a BPA free can)
1 medium Banana, frozen
1 handful Organic kale
1 Tbsp. Raw honey (Local Farmers' Market, Really Raw Honey)
1 ½ Tbsp. Natural peanut butter (or other nut butters, not soy)
1 scoop Powdered greens (NanoGreens, ProGreens, Body Ecology)
2 cups Ice (and water as needed)

SportFuel Fact: Hail to the kale! Kale is known as one of the superfoods for good reason. It has numerous flavonoids that help reduce inflammation and aid in detoxifying the body. Kale also helps the body process lactic acid after a tough workout.

Calories: 420 Pro: 12g Carb: 48g Fat: 20g

16. Full-Fat Yogurt with Berries and Walnuts

1 cup Organic berries
¾ cup Full-fat organic yogurt (Kalona SuperNatural)
¼ cup Raw walnuts, chopped (Go Raw)

SportFuel Fact: Have a nervous or easily upset stomach? Try incorporating pears into your diet. They are an easy-to-digest food and a good source of fuel for your muscles.

Calories: 390 Pro: 15g Carb: 31g Fat: 23g

17. Homemade Trail Mix

¼ cup Dried cranberries
30 ea Raw almonds
2 Tbsp. Raw cacao or carob chips (Navitas Naturals)

SportFuel Fact: Did you know that Epsom salt is rich in magnesium, a mineral that helps muscles recover after training? What else is a good source of magnesium? - Almonds! You can still enjoy your bath soak, but maybe enjoy some almonds while you do!

Calories: 422 Pro: 9g Carb: 44g Fat: 23g

18. Homemade Kale Chips

2 cups Kale, wash, dried, and chopped
1 Tbsp. Organic unrefined coconut oil (Dr. Bronner's, Nutiva)
¼ Tbsp. Sea salt (Celtic)

SportFuel Fact: Unrefined coconut oil provides a great source of energy and is very easy to digest. It also contains anti-microbial properties to help ward off any bacteria you might pick in the locker room.

Calories: 187 Pro: 4g Carb: 9g Fat: 15g

19. Spicy Tuna Roll with Seaweed Salad

6 piece Spicy Tuna Roll (Whole Foods or trusted source)
1 ea Small seaweed salad (Whole Foods)

Calories: 430 Pro: 13g Carb: 82g Fat: 5g

SportFuel Fact: To all those salty sweaters, seaweed salad is a wonderful way to replenish your sodium and iodine levels. Low levels of iodine can impair your metabolism, making it difficult to achieve or maintain your lean body mass.

20. On-the-Go Pack: Beef Jerky, Fruit, and Bar

2 sticks Nick's Sticks (Wallace Farms)
2 ea Clementines or one orange
1 ea Zing or Lara bar

SportFuel Fact: 100% grass-fed and finished beef jerky contains healthy fat (CLA), which has been shown to help improve muscle mass and accelerate recovery. Choose bars that have ingredients that you can pronounce! Zing bars and Lara bars are two SportFuel-approved bars that are derived from whole food ingredients.

Calories: 380 Pro: 15-22g Carb: 40-50g Fat: 11g

21. Meat and Nuts

3 ounces Deli meat (Applegate)

1.5 ounces Nuts, soaked and low-temperature roasted* (i.e. almonds, cashews, hazelnuts, walnuts)

SportFuel Fact: A higher protein snack in the form of meat and nuts can positively affect the neurotransmitters dopamine and acetylcholine, which help improve your mental "drive" to push harder, faster, longer!

Calories: 360 Pro: 21g Carb: 11g Fat: 25g

*For four cups of nuts and/or seeds, using a big bowl generously cover with filtered water and add one heaping tablespoon of sea salt. (Do not mix the nuts and seeds until after they are dehydrated.) Stir until salt is dissolved, cover with a clean towel and soak for 7-8 hours. Cashews are the exception, do not soak these past six hours because they get too soggy. Dehydrate nuts and seeds in the oven on a baking sheet at 200 degrees Fahrenheit for 12-24 hours.

Some on-the-go snacks include:

- Epic Bars (meat bars that aren't as tough as jerky)
- Primal Pacs jerky
- Sprouted pumpkin seeds (Go Raw)
- Macadamia nuts
- Sprouted almonds (Living Nutz)
- Fresh berries
- To-go packets of chia seeds to add to a green drink, sprinkle over foods or even just take as is with water.
- Power Bites (Navitas Naturals)
- Navitas Naturals will soon have nuts flavored with 'superfoods' - look for it in stores soon!
- Zing Bars

Shaker Cup Meal:

- Vega Sport Protein – 1 scoop
- 1-2 Tbsp liquid coconut oil (Nature's Way)
- 1 scoop of ProGreens Chocolate or Berry (or other powdered greens)
- ½ tsp cinnamon
- Cold purified water as needed
 - o Optional additions include whole chia seeds (let them sit in the water for a while to gel), powdered fiber, ground flax seeds, maca powder or raw cacao powder for energy, camu camu powder for Vitamin C, goji powder for antioxidants, hydrolyzed collagen for bone/joint/skin health.