

Youth Fueling: Nutrition Manual for Sports Performance

10 Ideas For Packed Lunch or After School Practice/Game

Roasted Turkey Sandwich w/ Greek Yogurt + Walnuts (*Section 1.1*)

Chicken Skewer w/ Rice, Sliced Cucumber & Mango w/ Dark Chocolate

Ham + Turkey Rollup w/ Spinach & Mustard, Blueberries w/ Mixed Nuts

PB & J + Banana w/ Carrots & Celery + Squeezable Yogurt

Ham, Egg, & Cheese English Muffin w/ Lettuce + Tomato, Strawberries

Salmon w/ Sliced Peppers + Quinoa Salad & Fresh Mixed Berries (*Section 3.4*)

Roast Beef Pita w/ Hummus + Carrots & Celery + Almond Butter

Grilled Chicken Breast w/ Cilantro Rice + Grilled Pepper, Onions & Black Beans

Energy Balls + Dried Cranberries, Apple Slices + Sugar Snap Peas (*Section 1.6*)

Mini Pancakes + Turkey Sausage w/ Greek Yogurt + Fresh Berries

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 3.2.1*