

Youth Fueling: Nutrition Manual for Sports Performance

Grab and Go: Quick Stop Options

Ready to Drink Protein Shake (*Section 2.2*)

Fruit; Apple, Orange, or Bananas

Jerky Options (*lean dried meats are easy to digest and 1-2 pieces will work*)

Dried Fruits (*dates, apples, oranges*)

Mixed Nuts (*basic roasted are best option*)

Fat Free Yogurt

Apple Sauce

String Cheese

Trail Mix

Protein / Granola (*RX Bar, Clif, Kind, Honey Stinger, etc*)

Hard Boiled Egg

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 1.6.1*