Snacks

Vital for energy and performance during the day. These are not meals, these are in-between snack options.

PURPOSE OF EATING OFTEN: Eating every two to three hours helps keep up energy levels, restore muscle energy known as “glycogen”, helps to burn fat, and allows you to stay focused. The DAY snacks are intended to be eaten before or after workouts, middle of the afternoon about 2–4 hours past lunch. EVENING snacks (see back) are for after dinner.

Day Snacks

Carbohydrates fuel our muscles, and are really important during the day, when you are most active. Make sure to include whole grains: bread, pita chips, pretzels or cereal in your snack “box” as well as fruits and vegetables.

✓ 1 cup of cereal: granola, or any low sugar, moderate fiber one WITH milk or plain greek yogurt and add nuts for some additional protein.
✓ 2-3 string cheese or any cheese with fruit or crackers.
✓ Whole wheat bagel or English muffin, or two slices of whole wheat bread with peanut butter and fruit.
✓ 1 cup oatmeal; instant, with nuts or peanut butter and milk and/or juice.
✓ 1–2 hard boiled eggs with pita or large pretzel.
✓ Trailmix (make your own): Take 2 cups of Cheerios*, 1 cup of nuts, 1/2 cup of chocolate pieces if you want, one cup of dried fruit; raisins, bananas, apricots, whatever you like and eat throughout the day.
✓ Hummus and pita chips or pita bread and/or raw vegetables such as celery, peppers, cucumbers, carrots and a beverage.
✓ Apple sauce mixed in plain Greek yogurt makes for a good snack. If you want you can add some cereal to that.
✓ Turkey, roast beef, ham or chicken breast sandwich with lettuce, tomato and cheese. You could also choose tuna or tuna salad.
✓ Wraps – if larger, consider having half now and half later.
✓ If eating “bars” during the day, focus on getting the “right” ones. Before workout should be higher carb. bars, versus post workout. Limit calories to no more than 300.

* picked because of lower sugar content.

Portion sizes of snacks should be considerably smaller than meals.
These snacks are intended for times when we are less active, therefore requiring fewer carbohydrates. If exercising in the evening, you may wish to refer to the DAY snack list.

✓ 2-3 string cheese or cheese with fruit
✓ 1 cup yogurt or cottage cheese with fruit
✓ Hummus and vegetables: cucumbers, carrots, celery, green, red or yellow peppers, zucchini etc.
✓ Turkey, chicken, (consider buying a rotisseries chicken from Harris Teeter or local grocery), roast beef. If ordering from Jimmy Johns keep it to a plain sandwich with the above meats, no chips or sweets or cookies at night. Keep the sweets to during the day, lunch would be good.
✓ Nuts – any kind – watch the amount you don’t want to finish a can or bottle as a snack.
✓ Soup – canned most any soups/ideally with beans and vegetables.
✓ Glass of milk or chocolate milk before bedtime is always good.
✓ If eating “bars” at night, should be bars that are higher in protein, and lower in carbohydrates.