

# MEALS UNDER \$5

**Eat great without breaking the bank  
with these easy options.**

## **5 FOR BREAKFAST:**

1. Greek yogurt + fruit
2. Toasted waffle + nut butter + jelly  
(fold in half and it's portable!)
3. Breakfast burrito with scrambled eggs,  
low-fat cheese, salsa and tortilla
4. Overnight oats (made with milk) + fruit
5. Egg Muff-lettes (egg/veggie/cheese  
omelets baked in muffin tins) & toast with jam

## **5 FOR LUNCH/DINNER:**

1. Tuna + veggie + low-fat ranch dressing  
in a tortilla roll-up
2. Mediterranean pita with chicken, cucumbers,  
tomatoes and Greek dressing
3. To-go salads: cooked protein, pasta, veggies  
and low-fat dressing, packed in a lidded cup
4. Rice or quinoa bowls with sautéed shrimp  
and veggies
5. Bean and cheese quesadillas with salsa

## **5 FOR SNACKING:**

1. Nut Butter Dunk – microwave nut butter  
until melted and dunk apple chunks
2. Hummus and veggies/pita chips
3. Frozen yogurt + fruit ice pops
4. Fresh fruit kebabs with yogurt dip
5. Baked tortilla chips with taco-seasoned cooked  
ground turkey, low-fat cheese and salsa

# THE ATHLETE'S ESSENTIALS

## THE FUEL TO HAVE ON HAND FOR YOUR ATHLETE:



### Grains/Pasta/Starches

pasta  
brown rice  
couscous  
quick cook polenta  
quick cook grits  
wholegrain bread  
pita  
tortillas: corn or flour  
potatoes: sweet or white  
oatmeal  
quinoa  
granola bars



### Beans/Legumes/Nuts

black beans – canned  
cannellini beans – canned  
garbanzo beans – canned  
northern white beans – canned  
kidney beans – canned  
dried lentils  
peanut butter or other nut butter  
nuts: almonds, walnuts,  
pecans & pistachios



### Seasonings

olive oil  
balsamic vinegar  
dried herbs/spices  
pesto  
Dijon mustard  
roasted red peppers  
sun-dried tomatoes  
tomato paste  
lemons/limes  
honey  
garlic  
capers



### Countertop Items

tomatoes  
bananas  
fruit needing ripening



### Frozen Foods

frozen fruit – for smoothies, etc.  
frozen vegetables  
frozen grilled chicken/beef strips  
frozen shrimp  
microwavable entrées  
soups/stews – to defrost & reheat



### Canned Goods

tomatoes  
broth  
beans  
marinara sauce  
tuna  
fruit: pineapple, pears, etc.



### Refrigerated Items

fruit juices  
eggs  
fat-free milk  
low-fat cottage cheese  
hummus  
butter  
veggies: carrots,  
cucumbers & lettuce  
fruit: apples, grapes & melon  
Greek yogurt  
low-fat sour cream  
cheese: Parmesan, jack,  
mozzarella & cheddar  
fresh herbs: basil/cilantro



### Drinks/Protein Bars/Gels

water  
100% fruit juice  
milk (whole, 2%, 1%, skim, soy, almond)  
Gatorade  
gels or protein bars  
protein powder, chocolate syrup  
unsweetened/lightly sweetened tea  
coffee

**GATORADE**  
THE SPORTS FUEL COMPANY