

High Performance Shopping List

High-performance meal and snack ideas.

Performance Plate Ideas

Breakfast



Breakfast Bagel + Fruit Salad:

Bagel, fried eggs, turkey bacon, tomato, mushrooms, and a fruit salad.

Lunch



Chicken Wrap:

Grilled chicken, tortilla wrap, lettuce, tomato, and avocado.

Dinner



Salmon Bowl:

Frozen salmon, rice, shredded carrot, chickpeas, cucumber, and avocado.

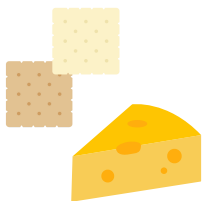
Remember to use what you have frozen, canned, or pre-cooked will fuel your athlete.

Snack Ideas

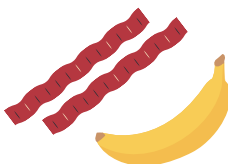
Balanced Snacks



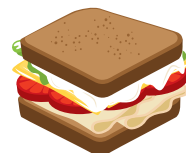
Greek yogurt + berries



Cheese + crackers



Beef jerky + banana



Turkey sandwich



Smoothie

Sport Snacks

Pre-Activity Snacks



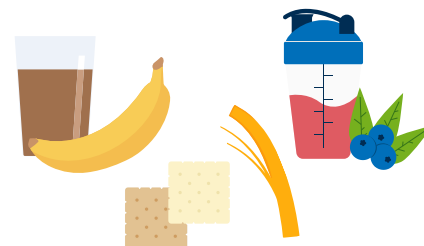
Fruit, rice cakes, or a granola bar.

Mid-Activity Snacks



Pretzels, applesauce pouch, or fruit chews.

Post-Activity Snacks



Chocolate milk + banana, protein shake with fruit, or string cheese + crackers.

Want to make these meals or snacks? The ingredients you need are marked below, look for the ★ symbol.

High Performance Shopping List

Ingredients you need to build high-performance meals and snacks.

Grains & Starches



- ☐ Oatmeal
- ★ ☐ Bread - any type
- ★ ☐ Tortilla wrap - white or whole grain
- ★ ☐ Quinoa
- ★ ☐ Rice - white or brown
- ☐ Pasta - white or whole grain
- ☐ Butternut squash
- ☐ Beets
- ☐ Potatoes
- ☐ Sweet potatoes
- ☐ Corn - canned, frozen or on the cob

- ☐ Beans - any type
- ☐ Lentils
- ★ ☐ Crackers
- ★ ☐ Rice cakes

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Fruit & Vegetables



- ★ ☐ Berries - frozen, fresh or pureed
- ★ ☐ Apples
- ☐ Watermelon
- ☐ Cherries
- ★ ☐ Bananas
- ☐ Pineapple
- ☐ Oranges
- ☐ Pears
- ★ ☐ Tomatoes
- ☐ Papaya

- ☐ Melon
- ☐ Grapes
- ☐ Plums
- ☐ Peaches
- ☐ Grapefruit
- ☐ Guava
- ☐ Kiwi

- ☐
- ☐
- ☐

-
- ☐ Broccoli
 - ☐ Asparagus
 - ☐ Spinach
 - ☐ Kale or spinach
 - ★ ☐ Lettuce
 - ★ ☐ Carrots
 - ☐ Bell peppers
 - ☐ Brussel sprouts
 - ☐ Onions

- ☐ Peas
- ☐ Cauliflower
- ★ ☐ Mushroom
- ☐ Zucchini
- ☐ Cabbage
- ★ ☐ Cucumber

- ☐
- ☐
- ☐



Remember to customize your shopping list based on your athlete's dietary requirements.

High Performance Shopping List

Ingredients you need to build high-performance meals and snacks.

Protein

- 
- ★ ☐ Eggs
 - ★ ☐ Fish - fresh/frozen/canned
 - ★ ☐ Chicken - breast/smoked/ground
 - ★ ☐ Milk - skim/fat-free/whole
 - ☐ Cottage cheese
 - ★ ☐ Turkey - breast/sliced/ground
 - ☐ Pork - loin/tenderloin/ham slices
 - ☐ Lean ground beef (less than 10% fat)
 - ★ ☐ Beef jerky
 - ☐ Steak - sirloin/filet/flank
 - ★ ☐ Yogurt

- ★ ☐ Quinoa
- ☐ Beans
- ☐ Tofu
- ☐ Soy milk
- ☐ Nuts & Seeds

**Quality protein sources
for plant-based eaters**

- ☐
- ☐
- ☐
- ☐
- ☐



Healthy Fats

- 
- ☐ Chia seeds
 - ☐ Flax seeds
 - ☐ Pumpkin seeds
 - ☐ Nut butter
 - ☐ Hummus
 - ★ ☐ Avocado
 - ★ ☐ Cheese
 - ☐ Nuts

- ☐ Olive oil
- ☐ Avocado oil
- ☐ Salad dressing
- ☐ Low fat mayonnaise

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Here is space for more items:

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