

Examples of Quality Pre-game Meals *(These are only examples)*

Pre-game Meal #1:

Grilled Chicken Breast –Skinless (Meat)
Baked Potato with margarine\butter spread (Complex Carb)
Green beans (Vegetables)
Whole grain roll\bread (Grain)
Fruit Juice- 100% natural, (Fruit)\Water\Gatorade\Powerade
Plain, Oatmeal, or Peanut Butter Cookie (Dessert)

Pre-game Meal #2:

Lasagna or Spaghetti- (Meat and Complex Carb)
Tossed salad –Light\Low fat dressing selections (Vegetable)
Garlic bread stick or Whole grain roll\bread (Grain)
Apple or Banana (Fruit)
Fruit Juice-100% natural, Water\Gatorade\Powerade

Pre-game Meal #3:

Baked Chicken Breast (Meat)
Rice -no gravy (Complex Carb)
Mixed vegetables (Vegetable)
Whole Grain Roll\Bread (Grain)
Banana Pudding \ Angle Food Cake with Fruit (Fruit)
Fruit Juice-100% natural, Water\Gatorade\Powerade

Pre-game Meal #4:

Turkey Sub Sandwich on Wheat Bread or Whole Grain (Meat\Carb)
Small Bag of Multi-Grain Chips (Simple Carb)
Fresh Fruit such as grapes, strawberries (Fruit)
Fruit Juice Bar or Plain, Oatmeal, or Peanut Butter Cookie (Dessert)
Fruit Juice-100% natural, Water\Gatorade\Powerade

Pre-game Meal #5:

Grilled Pork Chop (Lean Meat)
Mashed Potatoes -No gravy- (Complex Carb)
Corn – 1 cup
Mixed Vegetables or Green beans (Vegetable)
Whole Grain Roll\Bread (Grain)
Granola Yogurt with Fruit (Dessert)
Fruit Juice-100% natural, Water\Gatorade\ Powerade

Pre-game Meal #6:

90% Lean Beef Hamburgers with Bun (Avoid Pre-pack patties)
Small Bag of Multi-Grain Chips (Simple Carb)
Plain, Oatmeal, or Peanut Butter Cookie (Dessert)
Banana or Apple
Fruit Juice-100% natural, Water\Gatorade\ Powerade
Condiments:
 Lettuce \ Tomato
 Cheese Slice
 Condiments (Mustard\ Ketchup)

Pre-game Meal #7: (Breakfast)

Whole Grain\ Whole Wheat Waffles or Pancakes
Ham slice, Turkey Sausage, or Deer Sausage
Muffins- assorted flavors
Fresh Fruit Cup
Peanut Butter and Assorted Jelly
Fruit Juice-100% natural, Skim or Low-fat Milk, Water\Gatorade\
Powerade