

Top 10 High Energy / High Protein Snacks

1. **TRAIL MIX- Homemade or store bought**
 - a. Can pack lots of calories for an easy snack between classes or on the way to the field. Keep in a re-sealable snack bag.
 - b. Ingredients - dry cereal, pretzels, dried fruit bits, mixed nuts
2. **PEANUT BUTTER - BANANA ROLL-UP**
 - a. Use as an afternoon snack or an on-the-go breakfast.
 - b. Ingredients - Whole wheat tortilla, 2 Tbsp. peanut butter, sliced banana, raisins
3. **POWER SMOOTHIE**
 - a. Protein packed and nutrient-dense.
 - b. Ingredients - Equal parts 2% milk and frozen fruit
 - c. Each 16 ounce serving provides 225 calories and 9 grams protein. *Mix in a little dry milk powder too for even more calories.*
4. **PEANUT BUTTER on CELERY or CARROTS**
 - a. Calorie and protein packed, cool and crispy treat for the athlete.
 - b. Ingredients- peanut butter, sliced celery or carrots
 - c. Can provide 50-100 calories per piece
5. **YOGURT PARFAIT**
 - a. Great breakfast meal for the athlete on the go. Pile into a plastic cup for easy clean-up.
 - b. Ingredients- light flavored yogurt, any fruit (strawberries, peaches, etc), granola or trail mix
6. **THICK AND FROSTY MILKSHAKE**
 - a. No ice cream needed, just blend it! Use these ingredients to boost protein and calcium intake for healthy growing bones.
 - b. Ingredients- Low fat milk, Instant pudding, powdered milk, and ice
7. **CHEESE and EGGS on WHOLE WHEAT TOAST**
 - a. Eggs are a great source of protein. Compare prices to egg whites at your grocery store for a healthier option. This snack can also be rolled in a tortilla for 'grab and go'.
 - b. Ingredients - eggs, cheese, toast, margarine
8. **PASTA SALAD with TUNA**
 - a. Cold treat easy to keep on ice in a lunch box.
 - b. Ingredients - whole wheat pasta, canned light chunk tuna, olive oil, vinegar, lemon, chopped raw carrots/celery/red and green peppers, salt and pepper to taste
9. **CHEESE or PEANUT BUTTER on CRACKERS**
 - a. Easy snack for an athlete that doesn't take much planning. Good source of protein and easy to eat. Keep the cheese refrigerated or on ice!
 - b. Ingredients - Sliced cheddar cheese or peanut butter on crackers of choice
10. **OATMEAL with MILK and FRUIT**
 - a. Oatmeal is a high energy food that contains protein and fiber to keep your energy levels up. Preparing with milk or adding dried milk to prepared oatmeal can add in some extra calories. Top with fruit to 'power-up' this meal.
 - b. Ingredients - regular cooked oatmeal, low fat milk or dry milk (optional), fruit bits
 - c. Can provide 200 calories, 15 g protein

Calorie and protein counts are approximated

