



The Busy Athlete's Grocery Guide



Meals & Snacks to Go!

- Low fat yogurt
- Part skim string cheese
- Fat-free popcorn
- Fresh fruit and veggies
- Dried fruit
- Peanut or almond butter
- 100% whole wheat bread + PB
- Turkey, roast beef, or lean ham
- Almonds or pistachios
- Pudding cups
- Dry Cereal
- Pretzels
- Baked crackers
- Crunchy granola bars
- Microwave soup cups
- Clif bars
- Trail mix
- Whole wheat bagel with low fat cream cheese
- Applesauce cups
- Lean pockets
- Frozen whole grain waffles
- Smoothie (fruit+yogurt+ice)
- Soy crisps
- Egg on whole wheat English muffin
- Laughing Cow cheese
- Whole wheat pita bread
- Whole wheat tortilla
- Hummus

