



Between Meal Snacks



Try one of these easy snacks between meals to provide more energy and nutrition for your day, fuel for performance, and to help manage hunger!



Banana + Nut butter

A favorite, simple morning snack before early training, or grab and go option when you're pressed for time!

Protein Smoothie

Smoothie with fruit, protein source, milk (or sub) and chia seeds is a tasty snack in the morning or post-training.

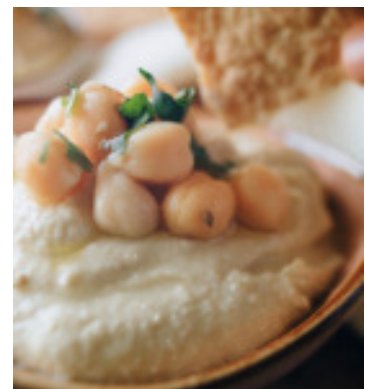


Egg + Avocado Toast

Whole wheat toast, avocado and eggs is a popular and available snack idea if you're looking for something savory but healthy

Humus + Pita

Humus is a delicious plant protein and pita contains a quick digesting carb to help top off energy before practice!



Greek Yogurt + Granola

Plain greek yogurt is a great source of protein, pair it with granola and fruit to add some carb for fuel and a nice crunch!

Trail Mix

Nuts, dried fruit, dark chocolate is a tasty and high energy snack to keep you satisfied between meals

