Athlete's Menu

You are a competitive athlete with a big event coming up. You need to plan your diet for the night prior to the competition. Here is a list of foods that are high in carbohydrates and proteins. Create your ideal meals using this as a guide.

Meats/Poultry	**Fruits**	**Grains/Cereal**	**Breads**	**Vegetables**
Fish	Fruit Juice	Cereal	Whole Wheat	Carrots
Chicken	Cantaloupe	Oats	Rice cakes	White Potatoes
Pasta/Noodles	Watermelon	Grits	English Muffins	Pinto Beans
Spaghetti	Peaches	Waffles	Tortillas	Pumpkin
Rice	Pineapple	Popcorn	Bagels	Yams/Squash
	Oranges/Peaches	Oatmeal	Crackers	Sweet Potatoes
	Apples/Pears	Pancakes	Cornbread	Onions

Beverages: Water, Juice, Sports Drink, Skim Milk

Pre-Event Meal **The meal the night before competition.**	**Breakfast** **The morning of the competition.**	**Post-Event Meal** **The meal after the competition.**