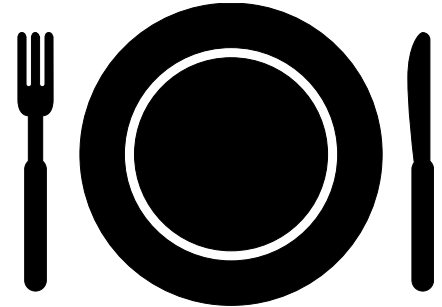




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MEALS IN MINUTES: EASY, DELICIOUS, AND NUTRITIOUS



A well-balanced and nutritious diet is important for young athletes. It supports growing bodies, a healthy immune system, and gives them fuel to perform at their best in athletics and academics. Try these quick meal ideas as a guide to provide your athlete with needed energy!

Meal #1: BEAN AND CHEESE BURRITOS Refried beans, low-fat & canned Green chilies, canned, chopped Chili powder or no-sodium chili seasoning packet Tortillas, whole wheat or corn Reduced fat shredded cheddar cheese Served with fruit and low-fat milk	Meal #6: STIR FRY RICE BOWL Pineapple chunks/tidbits, in own juice (drained) Brown rice, instant Teriyaki sauce, low-sodium Stir-fry vegetables, frozen Chicken breast or lean steak Served low-fat milk and fruit for dessert
Meal #2: CHICKEN & BLACK BEAN FAJITAS Black beans, canned Tortillas, whole wheat or corn Reduced fat shredded cheddar cheese Grilled chicken breast strips Bell pepper strips, frozen or fresh Served with fruit and low-fat milk	Meal #7: BERRY CHICKEN SALAD Chicken tenders (boneless, skinless), cooked Fresh blueberries or strawberries Fresh spinach Slivered almonds Vinaigrette dressing Served with a roll and low-fat milk
Meal #3: PB&B WRAPS Peanut Butter Banana Whole wheat tortilla or wrap Serve with carrots & light dip, with low-fat milk	Meal #8: MEDITERRANEAN CHICKEN & PASTA Tomatoes, petite diced Garlic powder or fresh garlic Chicken tenders (boneless & skinless) Spaghetti, thin & whole wheat Served with apples, steamed veggies and milk
Meal #4: QUICK QUESADILLAS Tortillas, whole wheat or corn Shredded mozzarella cheese Leftover veggies or cooked bell pepper strips Optional additions: cooked lean meat of your choice, dash of cumin, salsa, avocado slices Served with pineapple, side salad and milk	Meal #9: VEGGIE SCRAMBLE Reduced fat shredded cheddar cheese Eggs Bell pepper strips, cooked & diced Optional: make a breakfast burrito by serving in a warm whole wheat tortilla
Meal #5: TUNA MELT Tuna, packed in water (rinsed and drained) Mayonnaise, light English muffin, whole wheat Cheddar cheese, low/reduced fat & shredded Use margarine to lightly coat bread. Grill over medium heat in a skillet, about 3 minutes per side until golden brown and cheese melted.	Meal #10: EASY MINI PIZZAS Whole wheat mini bagels or English muffins Pizza sauce, canned Turkey pepperoni or shredded, cooked chicken breast Shredded mozzarella cheese Topping ideas: bell peppers, olives, mushrooms Bake at 350 degrees 8-10 minutes or until heated through