

THE ATHLETE'S SECRET WEAPON



Building a performance plate? Here are some tips on how to get the most for your body, your sport and your dollar.



Plan for a weekly shopping trip. Sketch out your week ahead and think about meal and snack needs—and any upcoming challenges like competition, eating out, travel, etc.



Take stock of what you already have on-hand in your pantry, fridge and freezer. Perhaps you can plan a meal around something you already have in your kitchen.



Shop the perimeter of the store for most of your items. That's where less-processed, whole foods are typically found.



Write out your shopping list. Use the list on the back of this handout as your guide.



Remember that convenience costs! Pre-packaged meals are easy but usually only provide 1 to 2 servings. Buying the ingredients separately and making your own meal will provide more food, at less cost. On the other hand, convenience items like bagged salad mix will cost more, but may be worth the investment if it makes eating veggies easier for you.



Plan a little prep time into your trip. Take 30 minutes when you get home to wash and cut produce, cook a batch of rice for the week ahead and get some meat marinating for tonight's dinner. It's easy to do when you've got everything out and accessible.



THE LIST

Use this as your guide every time you shop, and refer to our “Performance Eating” handout for even more helpful info.

FRUITS

- ☐ Apples
- ☐ Applesauce
- ☐ Apricots
- ☐ Bananas
- ☐ Berries
- ☐ Canned fruit
- ☐ Cherries
- ☐ Citrus fruit
- ☐ Dates
- ☐ Grapes
- ☐ Kiwi
- ☐ Mangoes
- ☐ Melons
- ☐ Nectarines
- ☐ Peaches
- ☐ Pears

VEGETABLES

- ☐ Asparagus
- ☐ Avocado
- ☐ Beets
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Canned vegetables
- ☐ Carrots
- ☐ Cauliflower
- ☐ Garlic
- ☐ Green beans
- ☐ Kale
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Onion
- ☐ Potatoes
- ☐ Salad mixes
- ☐ Snap peas
- ☐ Spinach
- ☐ Sweet potato
- ☐ Tomatoes
- ☐ Zucchini

PROTEINS

- ☐ Beans/lentils
- ☐ Canned tuna
- ☐ Chicken breasts
- ☐ Eggs
- ☐ Fish
- ☐ Ground turkey
- ☐ Hummus
- ☐ Lean beef
- ☐ Lean deli meat
- ☐ Pork tenderloin
- ☐ Seafood
- ☐ Tofu

SWEET TREATS

- ☐ Dark chocolate (>70% cacao)
- ☐ Dark chocolate-covered nuts
- ☐ Dried fruit
- ☐ Frozen yogurt
- ☐ Fruit sorbet
- ☐ Instant pudding
- ☐ Whole grain fig bars

DAIRY

- ☐ Butter
- ☐ Chocolate milk
- ☐ Cottage cheese
- ☐ Cream cheese
- ☐ Greek yogurt
- ☐ Shredded cheese
- ☐ Skim, 1%, 2% or whole milk
- ☐ Sliced cheese
- ☐ Sour cream
- ☐ String/snack cheese

WHOLE GRAINS

- ☐ Brown or wild rice
- ☐ Corn tortillas
- ☐ Cous cous
- ☐ Oatmeal
- ☐ Pasta
- ☐ Quinoa
- ☐ Whole grain breads
- ☐ Whole grain cereal
- ☐ Whole wheat pasta
- ☐ Whole grain/rye crackers

SNACK FOODS

- ☐ Nuts and nut butters
- ☐ Popcorn
- ☐ Pretzels
- ☐ Rice crackers
- ☐ Roasted chickpeas
- ☐ Snap pea crisps
- ☐ Sweet potato/beet chips
- ☐ Whole grain crackers

REMEMBER

- Canned, frozen and dried produce are all good choices
- Complete your shopping list with condiments like olive/canola oil, vinegar and honey
- Herbs, spices and seasonings add flavor and nutrition



For more information on how to fuel your everyday greatness, scan the QR code or visit: Greatness.Unbottled.com