



# SNACK TO WIN

Think of snacks as mini-meals. Focus on whole foods from the five main food groups to satisfy hunger and give your body the extra energy it needs to perform.

## POWER YOUR PERFORMANCE— WITH **PRO + PRO**

That means “protein + produce”. Get enough of each, and you’ll be sure to be on your game.

When energy is in high demand during intense training or after a competition, power up with added carbohydrates. Here are a few suggestions on how to get what you need:



- |                               |   |   |
|-------------------------------|---|---|
| Small cup of soup or chili    | + | Serve with crackers or over small baked potato  |
| Apple + peanut butter         | + | Top graham crackers with this combo             |
| Grape + cheese kabobs         | + | Add pretzels on the side                        |
| Carrots or snap peas + hummus | + | Serve with whole grain pita chips               |
| Tuna on cucumber slices       | + | Stack on whole grain crackers                   |
| Banana + nut butter           | + | Put on whole grain bread for a sandwich         |
| Trail mix                     | + | Add your favorite whole grain cereal to the mix |
| Fruit + yogurt                | + | Sprinkle granola on top                         |
| Boiled egg on a small salad   | + | Throw the salad in a whole grain wrap           |
| Oranges + handful of almonds  | + | Add popcorn                                     |

# FUEL YOUR BODY ANYTIME, ANYWHERE



## IN CLASS...

- Trail mix
- Apple and cheese
- Pb & j sandwich



## BEFORE PRACTICE...

- Graham crackers and milk
- Banana and yogurt



## IN THE CAR...

- Hummus and veggie sticks
- Applesauce cup and almonds
- Cottage cheese with fruit



## AT HOME...

- Boiled egg and an orange
- Quesadilla with veggies
- Bowl of cereal with milk



## TRY THIS SNACK: PIZZA CUPS

These two-bite wonders provide protein, produce and carbs for a winning combo!

### INGREDIENTS

1 package of tortillas  
1/3 cup pizza sauce  
1/2 cup chopped spinach  
1/2 cup chopped bell pepper  
1-1 1/2 cups shredded mozzarella

### DIRECTIONS

Preheat oven to 400 °. Spray a muffin pan with cooking spray and set aside.

Using a cup or circular cookie cutter, cut out 12 circles from the tortillas making sure the circles are big enough to go a little up the edge of each muffin cup.

Add 1 tablespoon of pizza sauce to each tortilla crust, then evenly distribute the cheese and toppings of choice.

Bake for 10-12 minutes.

Remove from oven and garnish with Italian seasoning (optional).

Enjoy!



For more information on how to fuel your everyday greatness, scan the QR code or visit: [Greatness.Unbottled.com](http://Greatness.Unbottled.com)

**unbottled**  
com