**Protein Foods**

* Chicken (all kinds, mix it up, breast, thighs, legs – keep the fat lower with no skin)
* Steaks (best for after games or on non-game days as it is higher in fat). Choose lean cuts, ie. Flank steaks
* Salmon (again great for off-days to help recovery)
* Shrimp, scallops – excellent as part of stir fry with chicken and rice, vegetables. Great for game days.
* Pork, lamb – great for recovery days
* Lean ground beef, chicken, turkey – can use a combination to keep fat content lower and great for burgers and or meatloafs.
* Eggs and egg whites (breakfast)
* Plain Greek yogurt (great with berries, granola and a bit of honey – as a side to omelette with breakfast)
* Mixed nuts
* Whey isolate powders (chocolate and a vanilla)
* Recovery Protein – for post games and workouts
* Low sugar protein bars – great for when things get busy
* Deli meats (for sandwiches)

**Complex carbohyrdates**

* Quick oats – low sugar
* Low sugar cereals
* Potatoes (best to rotate – cook and add spices)
* Rice – instant is great
* Whole grain pasta – great for adding with chicken, shrimp or cooked ground beef
* Quinoa
* Whole grain bagels, breads, etc -for on the go lunches

**Healthy Fats**

* Fish oils, omega 3s
* Avocado
* Mixed nuts
* Natural peanut butter
* Chia seeds
* Coconut oil
* Olive oil based dressings for salads

**Veggies**

* Leafy, Dark green first – spinach, kale, greens, broccoli
* Green – peppers, zuchinni, celery, cucumber, peas, beans, asparagus (rotate)
* \*add hummus or greek yogurt based ranch dip to have with veggies)
* Bright coloured – carrots, peppers, tomatoes, etc
* Frozen mixes are great for quick steamed veggies

**Fruits**

* Always start with berries (frozen for shakes, fresh for yogurts, breakfast)
* Oranges for post-game/practice
* Bananas for pre-game/practice
* Apples, peaches, mango, pineapple, watermelon – rotate fruits
* Apple + cinnamon and peanut butter is a great pre-bed post practice day snack

**Staples**

* Almond milk unsweetened vanilla (for shakes)
* Almond milk dark chocolate (for shakes)
* Regular milk
* Salsa (for eggs, stir fry’s – low sugar)
* Honey – natural kind – harder, white honey
* Spices – steak, chicken, vegetable, salt, pepper, cinnamon 🡪 start there and build up
* Olive oil based salad dressings – balsamic, then add what you like
* BBQ sauce – choose lower sugar if possible
* Dark chocolate (70% - great for adding to shakes and with peanut butter – 1bar/week)
* Frozen berries for shakes
* Olive oil cooking spray for non-stick