



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!

<p><b>Meal #1: BEAN AND CHEESE BURRITOS</b></p> <p>Refried beans, low-fat &amp; 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</p>	<p><b>Meal #6: STIR FRY RICE BOWL</b></p> <p>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</p>
<p><b>Meal #2: CHICKEN &amp; BLACK BEAN FAJITAS</b></p> <p>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</p>	<p><b>Meal #7: BERRY CHICKEN SALAD</b></p> <p>Chicken tenders (boneless, skinless), cooked            Fresh blueberries or strawberries            Fresh spinach            Slivered almonds            Vinaigrette dressing            Served with a roll and low-fat milk</p>
<p><b>Meal #3: PB&amp;B WRAPS</b></p> <p>Peanut Butter            Banana            Whole wheat tortilla or wrap            Serve with carrots &amp; light dip, with low-fat milk</p>	<p><b>Meal #8: MEDITERRANEAN CHICKEN &amp; PASTA</b></p> <p>Tomatoes, petite diced            Garlic powder or fresh garlic            Chicken tenders (boneless &amp; skinless)            Spaghetti, thin &amp; whole wheat            Served with apples, steamed veggies and milk</p>
<p><b>Meal #4: QUICK QUESADILLAS</b></p> <p>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</p>	<p><b>Meal #9: VEGGIE SCRAMBLE</b></p> <p>Reduced fat shredded cheddar cheese            Eggs            Bell pepper strips, cooked &amp; diced            Optional: make a breakfast burrito by serving in a warm whole wheat tortilla</p>
<p><b>Meal #5: TUNA MELT</b></p> <p>Tuna, packed in water (rinsed and drained)            Mayonnaise, light            English muffin, whole wheat            Cheddar cheese, low/reduced fat &amp; 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.</p>	<p><b>Meal #10: EASY MINI PIZZAS</b></p> <p>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</p>