

**Swimmers should try and avoid any type sugar (ie Candy, Soda, desserts, etc) 1 week prior to In-Season Meets and 2 or more weeks prior to Championship meets.

MEAL IDEAS FOR SWIMMERS

Examples of High-Carb Breakfast Meals

At Home:

Orange juice, Fresh fruit. Low-fat yogurt, Pancakes with syrup, 2% or skim milk
or
Plain English muffin, Strawberry jam, Scrambled Egg, Orange juice, 2% or skim milk

At a Fast Food Restaurant:

Hot cakes with syrup (hold the margarine and sausage), Orange juice, Low-fat milk
or
Cold cereal with low-fat milk, Orange juice, Apple, bran or blueberry muffin

At a Convenience/ Grocery Store:

Fruit flavored yogurt, Large bran muffin or pre-packaged muffins, Banana, Orange juice, Low-fat milk

At a Family Style Restaurant:

Pancakes, waffles or french toast with syrup (hold the margarine, bacon and sausage), Orange juice, Low-fat milk

Examples of High-Carb Lunch or Dinner Meals

Large turkey sandwich on 2 slices of Whole-wheat bread
Slice of low-fat cheese
Lettuce, Tomato
Fresh vegetables (carrots and celery strips)
Low-fat yogurt
Fresh fruit or fruit juice

Minestrone Soup
Spaghetti with Marinara Sauce
Salad Italian Bread
Fresh Fruit
2% or skim Milk
Sherbet

Chili on a large baked potato
Whole grain bread or muffin
Low-fat chocolate milkshake
Fresh fruit

Thick crust cheese and vegetable pizza
Side salad
Fresh fruit
2% or skim milk

Lunch/Dinner at Fast Food Restaurants

LUNCH/DINNER AT FAST FOOD RESTAURANTS

McDonald's - 500 kcal

Chicken fajita
Vanilla low-fat milk

shake

OR

Hamburger
Low-fat milk
Low-fat frozen yogurt cone

McDonald's - 700-750 kcal

Hamburger
Side salad with low calorie dressing
Strawberry low-fat milkshake

McDonald's - 1,000 kcal

McLean Deluxe with cheese
Medium fries
Chocolate low-fat milkshake

Burger King - 500 kcal

BK Broiler with BBQ sauce
2% milk
Orange juice

Arby's - 700-750 kcal

French dip
Side salad with lite Italian dressing
Jamocho shake

Taco Bell - 700-750 kcal

Bean burrito with red sauce
Plain 10" tortilla
Low-fat milk

Pizza Hut - 1,000 kcal

2 slices medium cheese pan pizza
6 breadsticks
Beverage

Wendy's - 1,000 kcal

Plain baked potato
Chili
Side salad
Small frosty