

## YOUR GOALS

- EAT AN INCREDIBLE BREAKFAST EVERYDAY
- NEVER GO HUNGRY
- FEED TO FUEL
- STAY HYDRATED

## HERE ARE SOME OF DTA'S FAVORITE SNACKS OR 5/10 MINUTE MEALS

*Breakfast, time prep ranges here from 2/3 minutes to 10 minutes:*

- Oatmeal – there's a number of great "instant" options out there now, nuke it, cut up a banana or other favorite fruit and away you go. Throw some almonds or other favorite nuts on top too!
- Whole grain/wheat toast – spread a little peanut butter\* on top and then cut up a banana to put on top of the peanut butter.
- Dry piece of whole grain/wheat toast, low fat yogurt and a piece of fruit
- Eggs, eggs, and eggs... Option 1: Hard boiled eggs!!! You say you have no time to cook in the morning? Well here's the fastest way to get your eggs in... hard boil a dozen on Sunday, you can have 2-3 each day of the week ahead. Recommend dumping 1-2 of the yolks out before eating, but do eat at least one yolk with each grazing!
- Eggs, eggs, and eggs... Option 2: Scramble up 3 egg whites and 1 whole egg, put it in a non-stick skillet over medium heat, add some seasoning of your choice (oregano, basil, garlic, hot pepper, etc...). Once the eggs are lightly cooked (eggs are pretty solid but not burning) throw a ½ cup of salsa onto one half, some lean/low fat cheese of choice over the salsa and then flip the empty half of the omelette on top of the salsa and cheese. Low heat it for 2-3 minutes. Done. Just add a piece of ww/wg toast and a piece of fruit. 10-12 minutes and you have an All-Star meal.

*Snacks, all designed for on the run or quick pit stops:*

- Hard boiled eggs (see above)
- Apple/banana and Peanut Butter (this writer's favorite)
- Apple and cheese (again, light/low cal cheese)
- Hummus and crackers, carrots and/or celery
- Trail Mix: mixed nuts, dried fruit, and dark chocolate
- Almonds, walnuts, peanuts, etc...(Stay away from the added salt varieties!)
- Pre-cut fruit or whole (apple, pear, banana, peach, etc...), there's a lot out there now you can buy for on the go
- To go cups of cottage cheese & yogurts (stick with the low-fat varieties)
- Turkey/Lean meat wrap – wrap plus meat plus cheese, wrap and walk...
- For athletes/moms/dads on the run, have a cliff bar or similar in your bag, always! Eat this, on average 200 quality calorie snack, this will stop the surge of junk food you'll eat when you are completely starving later.

\*Peanut butter = no loaded junk PB, this writer recommends

<http://betternpeanutbutter.com>