Wake-Up Call

*Breakfast is a critical meal for athletes to get! Food eaten in the morning stores muscle energy for afternoon workouts or runs!*

**In Dorm/Apartment**
- Instant oatmeal, milk, fruit cup
- Breakfast cereal, milk, banana
- Toaster waffle, applesauce, peanut butter
- Breakfast smoothie (yogurt, fruit, wheat germ & milk)
- English muffin, ham, juice box
- 8 oz yogurt, apple, peanut butter
- Hard boiled eggs, OJ
- Cottage cheese, fruit cup, toast/bagel

**Walking to Class**
- High protein sports bar, bottle of milk/juice
- Low-fat poptart, fruit or juice box
- Canned liquid meal, graham crackers/cereal bar, apple
- Peanut butter sandwich, juice box or fruit
- Banana, string cheese, crackers
- Trail mix (dried fruit, nuts, dry cereal)
- Dry granola cereal, string cheese
- Bagelful, bottle of milk

**Leftovers from Supper**
- Pizza, juice or milk
- Leftover spaghetti, parmesan cheese, juice box
- Hamburger or chicken helper, juice