Its important to make sure you make time for meals everyday, here are some quick and easy ways to make sure you get your meal everyday, even if you are in a RUSH!

**SIP:** (right before)

*Something quick (before a workout)*

- Canned meal (boost, slim-fast, carnation instant breakfast)
- Graham crackers/peanut butter
- Sports Drink

**NIBBLE:** (1-2 hours before)

*Something you can take a little more for... (btwn class/before a workout)*

- Instant oatmeal (microwave hot), and a banana
- Peanut butter and jelly sandwich/wrap
- Cottage cheese cup and a fruit cup
- Yogurt, dried fruit, nuts
- Yogurt, dry cereal, banana
- Applesauce, granola, yogurt

**CHEW:** (3-4 hours before)

*Something when you have some downtime*

- Bagged Eggs, peel hard boiled eggs, put into baggie. add salt and pepper. Good to go. Grab whole fruit, and/or bagel
- Boiled Eggs, yogurt
- Left over Pizza, juice box
- Hot Dish to Go (small container or baggie) Baby carrots or whole fruit
- Hummus Wrap, Dried Fruit
- Instant oatmeal (microwave hot), mix in peanut butter, nuts or raisins, and a banana
- Pancake sandwich (microwave frozen pancakes. Spread with peanut butter/jelly.