
SNACKS TO BRING TO SWIM MEETS

- **Beef Jerky**
- **Cheese**
- **Crackers**
- **Fruit**
- **Fruit/Nut/Granola bars**
- **Hard Boiled Eggs**
- **PB&J Sandwiches**
- **Popcorn**
- **Pretzels**
- **Protein Bars for after the session**
- **Rice Cakes w/Peanut Butter**
- **Nuts**
- **Tortillas with Peanut Butter and a banana**
- **Trail Mix (take out the M-n-M's!)**
- **Vegetables (carrots, peppers, celery)**
- **Whole Wheat Bagel with Peanut Butter**
- **Yogurt**
- **Sports Drinks**
- **Chocolate Milk for Recovery**
- **Dried Fruit**
- **NO CANDY**
- **NO SODA**
- **NO CAFFENINE**