

## LEAN LUNCHEES FOR ATHLETES

- Turkey sandwich with 3oz lean turkey, lettuce, tomato, onions, mustard on wheat bread pair with pretzels
- Tuna salad on a pita pair with a low-fat yogurt  
For whole recipe combine 2, 6oz light tuna drained, 1 can of white beans, 10 cherry tomatoes, quartered, 1/4 cup diced onions, 2 Tbsp. olive oil, 2 Tbsp. lemon juice, pinch salt and pepper
- Chicken salad with 2 cups of mixed greens, any vegetable-carrots, cucumber, onions, peppers, zucchini, etc., grated cheese , 1-2 Tbsp. vinaigrette type salad dressing, 4oz of chicken (baked or grilled) pair with 2 wheat rolls
- Chicken salad sandwich on wheat pair with fruit  
For whole recipe combine cooked 8oz of chicken, chopped, 2 Tbsp. honey mustard or 2 tsp. curry powder, 6oz fat-free plain Greek yogurt, 1/4 cup sliced almonds, grape tomatoes, quartered, thyme or dill, pepper, parsley
- Roast beef sandwich includes 3oz lean roast beef, 2 slices of whole grain bread, 1oz of cheese, horseradish sauce or mustard , optional, lettuce, tomato, red onion pair with animal crackers
- Ham sandwich with 3oz lean ham, 1oz of cheese, condiments pair with baby carrots and pretzels
- Veggie wrap with hummus includes 1 whole wheat wrap with hummus spread to wrap topped with spinach, red onion, cucumber, tomatoes, and feta cheese, then roll up pair with fruit and low-fat chocolate pudding
- 6” turkey or ham sub with vegetables, mustard or light dressing option on wheat pair with fruit
- Baked potato with a pinch of light sour cream and cheese with 1 cup of chili and side tossed salad with 1 Tbsp. vinaigrette dressing
- 1 cup of vegetable or minestrone soup with side Greek salad with 1 Tbsp. dressing and 1 slice of bread

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