



# FUELING TO WIN:

## SMART SHOPPING STRATEGIES & EASY RECIPE IDEAS | by Kristina LaRue, RD, CSSD, LDN

The old motto rings true for nutrition...fail to plan, plan to fail. Athletes train their bodies for hours every day, and the type of fuel they put in can make or break performance gains. Athlete schedules are jam-packed and how they manage their time and feed their body can give them a competitive advantage. Carving out one hour a week to grocery shop and to prep food will positively impact daily food choices and sports performance.

### SMART SHOPPING

- Plan your meals for the week and create a list based on foods you need.
  - Check your pantry & fridge for those foods before you shop.
  - Stick to your list!
- Shop the perimeter of the grocery store first to find less processed foods, (i.e. fresh produce and meats).
- Don't go to the grocery store hungry—you'll be more likely to buy "splurge" foods.
- Check store ads and look for store BOGO (Buy 1, Get 1 Free) deals and specials.
- Don't rationalize buying something just because it is on sale.
- Buy store brands to save \$. Quality is the same but price is lower.
- Weigh the cost of convenience.
  - Pre-cut veggies, pre-cooked meats (i.e. grilled or rotisserie chicken) and hard-boiled eggs—may be more expensive, but they simplify meal prep and make healthy eating more convenient.
- Don't buy more than you'll eat.
- Color your cart: your grocery cart should look like your plate, full of different colors.

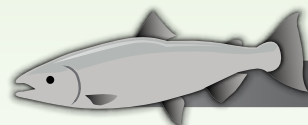


### HOW TO SHOP EACH SECTION



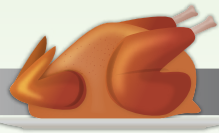
#### PRODUCE

- Color your cart with a variety of colors of produce.
- Buy what's in season = often cheaper.
- Remember the 3F's—Fresh & Frozen First!
- Frozen is just as nutrient-packed & won't spoil as quickly.
- Canned produce—stock your pantry with beans, tomatoes, corn and tomato sauce for quick meal prep.



#### MEAT/SEAFOOD

- Choose leaner cuts (look for the words - round, loin).
- Choose less marbling for less fat.
- Aim for meats that are 90% lean or higher.



#### DELI

- Hummus or guacamole are great sources of healthy fat.
- Rotisserie chickens are quick, easy protein.
- Deli meat makes a convenient protein-rich snack (Look for nitrite/nitrate free).



#### BREAD

- Look for 3g fiber per slice.
- Look for *whole grain* as 1st ingredient.
- Ensure *sugar* is not listed in the first 5 ingredients.



#### DAIRY

- Soy milk is an adequate substitute for cow's milk if dairy needs to be avoided.
  - Almond milk is not an ideal substitute—providing only 1g protein per cup.
- Choose Greek yogurt for 3x more protein than regular yogurt.
- Eggs are the cheapest source of high quality protein.
- Choose low-fat or reduced fat vs. whole milk.

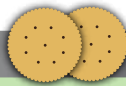


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## FROZEN FOOD

- Look for pre-cooked, frozen chicken breast.
- Frozen vegetables are fast, easy and nutritious.
- Frozen stir-fry meals are quick and easy, but most frozen dinners are low in nutrients + overpriced.
- Frozen fruit is a great addition for smoothies.



## CENTER AISLES

- Cereals — Rule of 3's — Choose one with at least 3g fiber & 3g protein.
- Choose fruits canned in own juice.
- Choose oil-based dressings vs. cream-based.
- When buying crackers, choose whole grain, with 3g+ fiber.

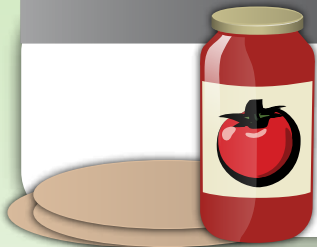
## SIMPLE “RECIPES”

### CHERRY TUNA SANDWICH:



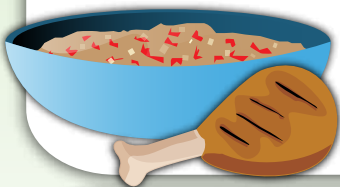
- Mix canned tuna (or chicken) with mayo, tart cherries and sliced almonds together in a bowl, and spread on whole grain bread.

### CHEESY TORTILLA PIZZA:



- Place wheat or corn tortilla on a plate and spread with marinara sauce.
- Sprinkle with mozzarella cheese and top with diced veggies and pre-grilled chicken.
- Microwave until cheese melts and chicken is warm.

### CHICKEN BURRITO BOWLS:



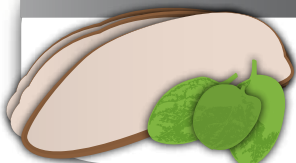
- Microwave “minute” brown rice according to package directions.
- Top with canned black beans, shredded rotisserie chicken, canned tomatoes, diced onions and peppers, shredded lettuce, cheese, guacamole and salsa.
- Heat again for 60 seconds.

### 60 SECOND EGG SANDWICH:



- Spray a microwave-safe coffee mug with cooking spray, whisk an egg in the mug with a fork, sprinkle with cheddar cheese and cover mug with a paper towel.
- Microwave egg for 60 seconds until cooked.
- Place egg and cheese on whole wheat English muffin. Add spinach and Canadian bacon if desired.

### TURKEY ROLL-UPS:



- Layer deli turkey, cheese, and spinach on a wheat tortilla.
- Roll tortilla up to form wrap and enjoy with a simple side salad.