

BETSY'S PRE-SEASON BACK TO SCHOOL PANTRY MEALS

GYMNASTICS PERFORMANCE INSTITUTE

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MESSAGE FROM BETSY

The Pre-Season= Quick, Dense, Nutrient Meals

It's time to get serious about your nutrition. With school starting, new schedules, sleep time changes and schoolwork, its time to make your nutrition a priority. Use these pantry meals to provide yourself with quick yet sustainable, athlete friendly foods! You don't have to go to the grocery story everyday in the preseason, just keep your pantry stocked with these staples! Happy Eating!

Step 1

CANNED PROTEIN



salmon



tuna



chicken



legumes



beans



sardines

Step 2

GRAINS & PASTA



brown rice



quinoa



couscous



oats



farro



pasta

Step 3

VEGETABLES & FRUIT



corn



peas



artichoke hearts



fruit



tomatoes



beets

Step 4

HEALTHY FATS



olive oil



avocado oil



nuts



seeds



olives



nut butter

Step 5

FLAVOR BOOSTERS



herbs



spices



flavored vinegar



coconut milk



soy sauce



sesame oil

Putting It All Together

PASTA SALAD

FAT:
Kalamata olives

FLAVOR:
Onion
Oregano
Mayo

VEGGIE:
Artichoke hearts



PROTEIN:
Canned Tuna

GRAINS:
Whole grain pasta

Putting It All Together

TACO BOWL

FLAVOR:
Chili powder
Onion powder

FAT:
Black olives

VEGGIE:
Corn
Salsa



PROTEIN:
Black beans

GRAINS:
Brown rice

Putting It All Together

LENTIL SOUP

FLAVOR:
Stock

FAT:
Avocado oil

VEGGIE:
Tomatoes
Mixed veggies



GRAINS:
Quinoa

PROTEIN:
Lentils


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