

NUTRITION ON THE GO

TIPS FOR EATING HEALTHY WHILE ON THE GO!

DON'T SKIMP ON BREAKFAST

A balanced breakfast provides the energy you will need for the day. Skipping breakfast can leave you feeling drained and exhausted throughout a long day of rehearsals and practices.

PLAN AHEAD TO STAY AHEAD

Planning ahead is important for healthy eating, especially if you have a busy schedule. If you're in a rush or on the go in the morning, remember to pack a meal to eat on your commute or during a break. You can accomplish this by meal prepping at home, identifying healthy menu items at your local cafe, or coordinating your meals with a friend to keep you both accountable.

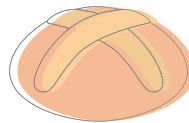
MIX IT UP! EAT THE RAINBOW!

Be sure to add lots of color to your plate (green, orange, red, purple, etc) to ensure you get a variety of vitamins and minerals. Limit processed and fast foods in exchange for fresher produce. Remember: you are what you eat and what you eat affects how you feel and perform. Do yourself a favor and eat well!



Carbohydrates

Primary source of energy for the body. Can be found in grains, vegetables, fruits, and dairy. Limit processed carbs, especially those found in sugary sweets and drinks.



Protein

Used as the building blocks for bone, muscle, skin, and more. Options include animal products (beef, chicken, fish, etc) and plant-based sources (tofu, beans, tempeh, etc)



Fats

Source of long-term energy. Also used to support cell growth and control body heat. Sources include avocado, fatty fish, eggs, nuts, dairy, and oils.



Vitamins & Minerals

Essential to hundreds of functions performed by the human body. Ranges from immune support, metabolism, and cell repair. Can be found in nutrient dense foods and supplements.





QUICK RECIPES

LEARN HOW TO MAKE YOUR FOOD QUICK, AFFORDABLE, AND PACKED WITH NUTRIENTS!

INGREDIENTS CAN BE FOUND AT A GROCERY STORE. MINIMAL COOKING WARE REQUIRED.

HOME SMOOTHIE

Step 1: Pick your fruits & greens (unlimited) - frozen spinach, kale, banana, berries, etc.

Step 2: Pick your protein (1 serving or 20g) - protein powder (collagen, plant-based, whey), tofu, greek yogurt, hemp seeds, etc.

Step 3: Pick your fiber (1 - 2 tbsp or 10g) - flaxseed, chia seeds, pumpkin, oats, acacia fiber, etc.

Step 4: Pick your fats (1 - 2 tbsp) - avocado, nut butter, seeds, etc.

Step 5: Pick your liquid (6 - 8 oz) - nut milk, coconut milk, water, etc.

OVERNIGHT OATS

Step 1: Place 1/2 cup of rolled oats into jar or cup.

Step 2: Add 1/3 cup of nut or seed butter.

Step 3: Mix in 3 tbsp of chunky add ons (raisins, goji berries, dark chocolate chips, fruit, etc.)

Step 4: Sprinkle 2 tbsp. fiber source (flaxseed, chia seed, hemp seed, granola, etc)

Optional: Mix in protein power or sweetener of your choice for flavor and texture.

SALAD IN A JAR

Step 1: Pick your base - mixed greens, spinach, kale, arugula, etc.

Step 2: Pick your protein - chicken, turkey, eggs, beans, tofu, lentils, etc.

Step 3: Pick your toppings - nuts, seeds, coconut shreds, sprouts, etc.

Step 4: Pick your fruits/veggies - cucumber, tomatoes, strawberries, blueberries, carrots, etc.

Step 5: Pick your dressing - greek, balsamic, etc.



AMDA MARKET

SIMPLE SNACKS

- Odwalla Smoothies
- Hard Boiled Eggs
- Yogurt Parfaits
- Fruit Cups
- String Cheese
- Oikos Yogurt
- Veggie Pack with Hummus
- Veggie Pack with Ranch
- Trail Mix Bag
- AMDA Granola Bag

SUSTAINABLE FUEL

- Sub Sandwiches: Ham, Turkey, Grilled Chicken
- Chicken Salad Pack
- Cliff Bars
- Protein Pack
- Breakfast Burritos
- Turkey Chili
- Salad: Caesar, Mixed Greens, Quinoa

AMDA CAFE

SIMPLE SNACKS

- Fruit Cups
- Hard Boiled Eggs
- Oikos Yogurt
- Apples
- String Cheese

SUSTAINABLE FUEL

- Protein Pack: Hard Boiled Egg, Fruit, Bagel, Peanut Butter
- Sub Sandwiches: Ham, Turkey, Grilled Chicken
- Tuna Salad Pack
- Pasta Salad

CAMPUS OPTIONS

FIND QUICK, HEALTHY MEALS ON-CAMPUS!

CHOOSE BETTER FOODS TO FUEL YOUR BODY AS YOU MAKE YOUR WAY FROM CLASSES TO REHEARSALS.