Recommended Snacks for golfers

Pre-made:

- Snap Pea & Lentil Crisps: [http://harvestsnaps.com](http://harvestsnaps.com)
- Salmon & Chicken packs (to add variety to typical tuna packs) with Triscuits or Rice crackers
- Mrs. Mays has some good snacks: [http://mrsmays.com/products_mrsmays.html](http://mrsmays.com/products_mrsmays.html)
- Pop Chips
- Mariani Honey bars: [http://shop.mariani.com/HoneyBars/c/Mariani@HoneyBars](http://shop.mariani.com/HoneyBars/c/Mariani@HoneyBars)
- Greek yogurt
- Fruit
- Peanut butter pretzels
- Bear Naked granola packs to-go
- String cheese
- Dried fruit: banana chips, apple rings, fruit leathers
- Individual applesauce

Make-Ahead:

**Peanut Butter Protein Balls**

- 1 Cup Peanut Butter
- ¼ Cup Honey
- 1 Cup Oats
- ½ Cup Protein Powder


**Peanut/Almond/Sunflower Butter & Honey or Cheese Sandwiches**

- Whole wheat bread
- Peanut/ almond or sunflower seed butter
- Honey
- Whole wheat bread
- Cheese and cucumber slices

Make ½ or ¼ size “tea” sandwiches for an easy grab between holes.
Meal Options & Timing when playing 2 rounds of Golf

Eat a full meal 1-2 hours before a round and begin hydration protocols.

Breakfast:
- Egg sandwich (2 slices whole wheat bread, 2 eggs, 1 slice cheese) + piece of fruit
- 2 cups whole grain cereal (Frosted Mini Wheats, Oatmeal Squares, Honey Nut Cheerios, Raisin Bran) with 1-2% milk or soy milk + ¼ cup (handful) of nuts/seeds + banana
- Fruit & nut oatmeal
  - ¾ cup dry old fashioned oats (not instant)
  - ¼ cup chopped nuts/seeds
  - ¼ cup raisins or craisins
  - Add water or milk as desired and microwave 3-3.5 minutes. Drizzle with honey and cinnamon to taste.
- Chicken wrap (whole wheat tortilla, leftover grilled chicken, lettuce, cheese, mustard) + fruit + yogurt or milk
- Burrito (whole wheat tortilla, eggs, beans, potatoes or rice, salsa, guac) or 3 breakfast tacos (corn tortillas, 3 eggs, beans, guac and salsa)

During rounds, it is important to stay hydrated, and continually “fueled” to maintain constant energy and mental focus.

See recommended snacks list.

Try to eat a small snack in the first nine, and the back nine.

**Drink 4-8 oz fluids (switching between water and sports drink or juice) every 15-20 mins.

Note: 1 gulp = ~ 1 oz.

Between rounds, try to eat something more substantial to recover and refuel.

Lunch:
- Go Picnic All Natural Ready to Eat “Meals”: [http://www.gopicnic.com/Special-Diets/All-Natural](http://www.gopicnic.com/Special-Diets/All-Natural)
- Sandwiches on whole grain bread (Recommend Dave’s Killer Bread: 6 grams protein and 6 grams fiber per slice)
  - PB & Honey or Jam or banana
  - Turkey and Cheese
  - Tuna & Cheese
- Greek yogurt with 1 Breakfast-on-the-go packet or low fat granola + piece of fruit
- Whole wheat bagel with cream cheese
- 6 inch Subway sandwich with lean protein (turkey, ham, chicken, or egg salad), vegetables, and mustard.
- Greek yogurt + Clif Bar + piece of fruit
- Power bar + low fat chocolate milk + apple or banana