



SUMMER INTENSIVE FOOD IDEAS*

Breakfast

- Steel Cut Oats w/ Fruit
- 2-3 Eggs w/ Avocado and Roasted Sweet Potatoes
- Omelette w/ Veggies & Fruit Smoothie
- Greek Yogurt w/ Granola and Fruit & Breakfast Meat of choice
- [Protein Overnight Oats](#)

Lunch & Dinner

- Veggie [Buddha Bowl](#)
- [Chicken & Rice](#)
- Turkey Sandwich with Veggies
- [Sweet Potato Burger](#) Patties w/ Avocado
- [Turkey Tacos](#)
- [Vegetarian Burrito Bowls](#)
- Beans and Rice w/ Veggies

Snacks

- Protein Bar (low sugar)
- Apple w/ Nut Butter
- Trail Mix
- Nutrient-dense Crackers & Cheese
- Hummus & Veggies and Pretzels

*Meal planning can be overwhelming, especially when you're preparing food for an athlete -- yup, that's you! Please remember that your food is your fuel. Drink LOTS of water and eat plenty of protein, healthy fats, carbohydrates, vitamins, and minerals throughout the day. Please contact Ms. Perry at rehearsal@evergreencityballet.org if you have any questions or need help with food planning throughout our summer intensive. We are here to help you find your best self!