**ATHLETE RECIPE IDEAS**

Refer to the June 2014 nutrition sports class under FACS conferences

By: Cheryl Moyle

Granola Bars, Pasta, Trail Mix, Fruit, Water, nuts, protein shake

By: Janet Woodward

I would do some type of pasta for a before and a meat dish for after. A fish dish would be good. A capallini with with spaghetti, cherry tomatoes, garlic, onions, sun dried tomatoes, olive oil and basil. A great carb meal

By: Susan Wilde

Energy  bar, or a trail mix.

By: Linda Hayes

One place you could look is [www.runnersworld.com](http://www.runnersworld.com/)   While focused on runners, the information they have on Pre/during/Post-race foods seems fairly sound and could be applied to most any sport.

By: Diana Hall