

Stocking Up on Good Nutrition

Source: Nancy Clark's Sports Nutrition Guidebook

"I always stock basic foods that won't spoil quickly. On days when I arrive home to an empty refrigerator, I can either pull together a no-cook meal or quickly prepare a hot dinner. Some of my standard menus include these items:

- English muffin pizzas
- Stoned wheat crackers, peanut butter and milk
- Lentil soup with extra broccoli, leftover pasta, and a sprinkling of Parmesan
- Refried beans and cheese rolled in a tortilla and heated in the microwave
- Tuna sandwich with tomato soup
- Bran cereal with banana and raisins

My standard ingredients:

Cupboard	Refrigerator	Freezer
Spaghetti	Low-fat cheese	English muffins
Rice	Grated Parmesan	Pita bread
Ramen noodles	Low-fat cottage cheese	Multigrain bread
Potatoes	Low-fat yogurt	Bagels
Wheat crackers	Low-fat milk	Broccoli
RyCrisp crackers	Eggs	Winter squash
Pretzels	Oranges	Spinach
Spaghetti sauce	Bananas	Chicken breasts
Minced clams	Carrots	Ground turkey
Tuna	V-8 juice	Extra-lean hamburger
Canned salmon	Tortillas	Orange juice concentrate
Kidney beans		
Vegetarian refried beans		
Soups (lentil, tomato)		
Peanut butter		
Bran flakes		
Oat bran		
Muesli		
Raisins		

When creating a dinner from these staples, I choose items from three of the five food groups, using carbohydrates as the foundation for each meal. The following are sample 650 calorie, 60% carbohydrate, well-balanced meals, with no cooking!

Food group	Menu #1 Crackers with tuna	Menu #2 Sandwich
1. Grain	8 stoned wheat crackers	2 slices branola bread
2. Protein	½ can tuna with 1 tbsp light mayo	2 tbsp peanut butter
3. Fruit		¼ cup raisins
4. Vegetable	12-ounce can V-8 juice	1 raw carrot
5. Dairy	1 cup fruit yogurt	1 cup low-fat milk
Food group	Menu #3 Crackers with tuna	Menu #4 Sandwich
1. Grain	2 English muffins	2 flour tortillas
2. Protein	(cheese)	½ cup vegetarian refried beans
3. Fruit	1 cup orange juice	Apple
4. Vegetable	¾ cup spaghetti sauce	Chopped tomatoes
5. Dairy	2 ounces mozzarella cheese	Shredded low-fat cheddar cheese

The portions are appropriate for an active woman who needs about 1800-2000 calories per day; a hungry man may want more.