

PANTHER PANTRY

Eat To Compete

INSTRUCTIONS FOR ATHLETES:

- Check the boxes next to foods you enjoy or regularly consume.
- Circle your preferred shopping locations at the end.
- This will help us customize future grocery lists to better support your performance and preferences.

CARBOHYDRATES (CHOOSE AT LEAST 3-4 OPTIONS)

Tip: Opt for whole grains when possible.

- ☐ Whole grain bread
- ☐ Bagels
- ☐ Pita bread
- ☐ English muffins
- ☐ Whole wheat tortillas/wraps
- ☐ Dry cereals (e.g., Kashi, Special K, Cheerios, Wheaties)
- ☐ Oatmeal/Grits/Cream of Wheat
- ☐ Crackers/Pretzels (e.g., Triscuits, Wheat Thins, Graham)
- ☐ Low-fat popcorn
- ☐ Potatoes (sweet, red, white)
- ☐ Pasta
- ☐ Brown Rice
- ☐ Couscous
- ☐ Quinoa
- ☐ Granola bars (e.g., Kashi, Luna, LaraBar, Clif)



DAIRY (CHOOSE AT LEAST 2-3 OPTIONS)

Tip: Choose low-fat options.

- ☐ Skim, 1%, or 2% milk
- ☐ 1% Chocolate milk
- ☐ Yogurt/Greek yogurt
- ☐ Cottage cheese
- ☐ 2% or reduced-fat cheese (sliced, shredded, block, cheese sticks)



VEGETABLES (CHOOSE AT LEAST 2-3 OPTIONS)

Tip: Try a new vegetable every week.

- ☐ Fresh vegetables (e.g., broccoli, peas, romaine lettuce, baby carrots)
- ☐ Frozen vegetables
- ☐ Canned vegetables/pickles
- ☐ Salsa



EASTERN ILLINOIS

FRUITS (CHOOSE AT LEAST 2-3 OPTIONS)

Tip: Try a new fruit every week.

- ☐ Fresh fruits (e.g., apples, bananas, oranges, grapes, pineapple, berries, melon, peaches, pears)
- ☐ 100% fruit juice (if trying to gain weight)
- ☐ Frozen fruits
- ☐ Dried fruits
- ☐ Canned fruits (in natural juice)



PROTEINS (CHOOSE AT LEAST 3-4 OPTIONS)

Tip: Choose lean cuts of meat.

- ☐ Canned tuna or chicken (packed in water)
- ☐ Lean deli meats (chicken, turkey, roast beef, ham)
- ☐ Frozen chicken breast
- ☐ Ground beef or turkey (90-95% lean)
- ☐ Pork
- ☐ Lean beef cuts
- ☐ Turkey bacon/sausage
- ☐ Fish (not breaded)
- ☐ Shellfish (shrimp, crab, etc.)
- ☐ Tofu or other soy-based foods
- ☐ Eggs
- ☐ Beans (baked, pinto, black, kidney, chickpeas)



FATS AND MISCELLANEOUS (CHOOSE AT LEAST 2-3 OPTIONS)

- ☐ Olive oil or canola oil for cooking
- ☐ Butter
- ☐ Low-fat dressings/sauces
- ☐ Low-fat cream cheese
- ☐ Low-fat sour cream
- ☐ Nut butters (peanut, almond, etc.)
- ☐ Nuts/seeds (almonds, walnuts, sunflower seeds, etc.)
- ☐ Trail mix
- ☐ Jelly/jam
- ☐ Hummus/yogurt-based dip
- ☐ Garlic/fresh herbs/spices



PREFERRED SHOPPING LOCATIONS (PLEASE CIRCLE ALL THAT APPLY)

- ☐ Walmart
- ☐ Aldi
- ☐ Ruler Foods
- ☐ County Market
- ☐ Other: _____

