



FROM THE DESK OF **TARA COLLINGWOOD SPORTS NUTRITIONIST**

Nestlé
Nesquik

GROCERY LIST FOR SOCCER PLAYERS

Keep these healthy items on hand to create easy meals and snacks for your soccer player.

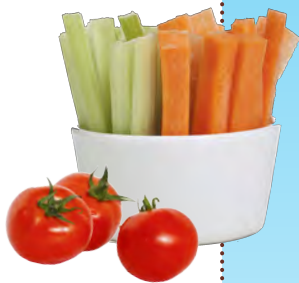
Fruit

- ☐ Bananas
- ☐ Pears
- ☐ Apples
- ☐ Berries
- ☐ Melon
- ☐ Pineapple
- ☐ Grapes
- ☐ Oranges
- ☐ Peaches



Veggies

- ☐ Carrots
- ☐ Celery
- ☐ Potatoes (*White, Sweet, and Red*)
- ☐ Lettuce
- ☐ Spinach
- ☐ Cucumber
- ☐ Tomato
- ☐ Green Beans
- ☐ Broccoli
- ☐ Cauliflower



Protein

- ☐ Eggs
- ☐ Sliced Deli Meat
- ☐ Poultry
- ☐ Beef
- ☐ Fish
- ☐ Shrimp



Dairy

- ☐ Nesquik Lowfat Chocolate Milk
- ☐ Milk
- ☐ Greek Yogurt
- ☐ Cottage Cheese
- ☐ Sliced Cheese
- ☐ String Cheese



Pantry

- ☐ Whole Wheat Bread
- ☐ Whole Wheat Tortillas
- ☐ Whole Grain English Muffins
- ☐ Canned Soup
- ☐ Canned Tuna
- ☐ Nut Butter
- ☐ Jelly
- ☐ Salad Dressing
- ☐ Nuts
- ☐ Raisins
- ☐ Cereal
- ☐ Oats
- ☐ Granola
- ☐ Granola Bars
- ☐ Popcorn
- ☐ Pasta
- ☐ Rice
- ☐ Quinoa
- ☐ Pasta Sauce
- ☐ Beans



Refrigerated

- ☐ Hummus
- ☐ Frozen Waffles

NESQUIK IS THE OFFICIAL CHOCOLATE MILK OF

