



**MEALS &  
SNACKS:  
TIPS  
&  
RECIPES**

## TIPS FOR TRAVEL

Take a vinyl tablecloth...you can almost guarantee you will be eating on the floor or a grungy picnic table. This is a must and if you don't take one, you will be envious of anyone who has one :)

If you want to serve things other than the typical, pre-cooking is necessary. I tried to serve as little packaged or processed foods as I could. Anything frozen (including gel in small round Tupperware pots) also doubles as an ice pack in the cooler. You will have to think out your meals so that you can thaw anything in advance. You can also have other parents contribute some of the following:

1. Pre-cook and freeze the following:
2. chicken breasts - for a weekend, I would cook 2 per person, maybe less for younger swimmers. Roast and slice up. I have also pre-cooked some frozen chicken breasts. The quinoa coated PC Blue Menu chicken breasts is good for sandwiches.
3. pasta - pre-cook & freeze in ziplocs. Whole grain is best.
4. sweet potato - cut in 1/2 inch pieces and roast. Pack in Ziploc
5. quinoa (or PC Bulgur/Quinoa mix) - pre-cook & Ziploc
6. make some homemade pasta sauce with lots of veggies or use a bottled pasta sauce and add extra veggies.
7. pre-cook onions/peppers for fajitas
8. sauté a bag of sliced apples with tbsp. butter, some cinnamon and tbsp. brown sugar. Don't overcook, slices should still be slightly firm because re-heating will continue the cooking - Ziploc
9. pre-cook whole grain pancakes made with 1 cup whole wheat flour, 1 cup oatmeal, 1 mashed banana or 1 cut up apple, cinnamon, 3 tsp baking powder, 1/4 cup melted butter, 2 eggs and enough milk to make proper consistency for pancakes. Can also substitute greek yogurt for half the milk. Freeze in ziplocs
10. Pre-cook bag of frozen berries with 1 tbsp. cornstarch to thicken and 1/4 cup maple syrup. Mix the cornstarch with 1/4 cup orange juice and dissolve before adding to fruit to prevent lumps.
11. I have done Vietnamese wraps but this can be more work and probably best for age groups, not hotel rooms. Rice paper wraps, cooked chicken, rice vermicelli, julienned carrots, cucumbers, cilantro, chopped peanuts (where allowed), hoisin sauce.
12. This may be obvious but don't use mayo-based salad dressings for travel to pool. A basic vinaigrette can be used for most salads

Find out in advance what your cooking set up will be so you can plan accordingly for what you will serve, what supplies you need to travel with and what you can

buy onsite. i.e. will you be able to boil water and make pasta? Then you would need to bring a large pot. If not, you will need to cook your pasta at home and bring it. This takes up a ton of space and weight which isn't a big deal for a bus ride, but will fill up the trunk of your car very fast. Or, will you be using a crock pot to warm up your dinners while out at the pool? Will you be serving any meals at the pool?

I have a large griddle that can make eight grilled cheese sandwiches, fried eggs or pancakes at a time. I find it is often useful to bring it on the trips. But if breakfast is provided, then it is not always necessary to bring it. It's a balance between packing light and bringing your entire kitchen. ☺

When planning what you will serve for meals, it is a good idea to try out recipes on swimmers or on your own family in advance. A swim meet is not a place for athletes to experiment with unknown or adventurous foods, nor for a chaperone to attempt to cook anything for the first time. Ask the athletes and coaches what they like to have and do a test batch at a team brunch or get together. Different families can also send their own favorite meals to your brunch and that way you can get feedback and create a roster of meals that everyone on the team likes.

For snacks, at away meets, I find it easy to lay out a big assortment of non-perishable options and ziplock bags. Swimmers and coaches can then come over to my room and assemble their own customized snack bags, to keep with them and bring to the pool.

It is ideal to do this after dinner when they are already full, so they won't start eating a ton of their snacks and then not want the dinner! You can put out the snacks every night so they can replenish their bags and prepare for the day ahead. Have them keep their own large ziplock snack bag the whole trip to prevent wasting a ton of bags and then they can refill their various small bags with their choice of snacks. This way nobody gets stuck with a snack they don't want, chaperone doesn't have to carry tons of provisions to the pool, and you can see what is popular. If you run out of certain snack items during the trip, you can ask a parent spectator to pick up more of that item for you. (I added ideas for snack items to the snack section later in this document.)

Some meal ideas:

1. breakfast: pancakes with berry sauce, warm in microwave to serve. This is a nice change to the muffin/yogourt/cereal/smoothie breakfasts.
2. dessert: cooked apples with nut free granola - it is like an apple crisp. This can also be served for breakfast. Just warm the apples in the microwave and sprinkle on the granola

3. synchro salad - mix quinoa with roasted sweet potatoes, add some pumpkin seeds and dried cranberries. mix with bottled vinaigrette. Some extra lime added to this salad is good.
4. chicken cacciatore - mix pre-made pasta sauce with roasted chicken breast. Add pasta and heat in microwave or slow cooker. You can also pre-make and freeze a real chicken cacciatore recipe and then re-warm in slow cooker
5. Leftover pasta can turn into a pasta salad with leftover cut up veggies, bottled vinaigrette and cheese. Add chicken as well for a lunch meal
6. Fajitas - pre-cooked chicken, sour cream, onions/peppers cheese, salsa. Left over sour cream, cheese and salsa can turn into a nacho dip for the end of the competition (after they swim) or for team moms getting together in the evenings :)
7. Leftover pre-cooked chicken can be used for lunch sandwiches or wraps
8. Chickpea salad - mix canned chick peas with frozen corn (or canned), chopped sweet pepper and bottled vinaigrette. This salad keeps well for travel to the pool. Leftover can be added to chicken wraps the next day
9. Meatballs with sauce - good with the quinoa salad
10. Spaghetti with meat sauce and Caesar salad. Pete & Gus butcher in Barrhaven on Jockvale has a delicious homemade meat sauce that you buy frozen (\$5 for about 4-5 portions – I brought four containers and it was more than enough for 14 people). Bring it with you frozen and thaw onsite. The sauce can simmer in the crockpot while you are at the pool so it is hot when you get back. Test the sauce at home first to be sure you like it.
11. Homemade macaroni and cheese. Travel with frozen cheese sauce in a large ziplock bag and heat up onsite in microwave (you'll need to bring a microwave safe bowl) or on stovetop. Cook pasta onsite or bring it with you. Mix just before serving to keep it piping hot and creamy.
12. Homemade chicken noodle soup. Very easy to make and appetizing for tired, cold swimmers after a long day of figure competition or workout. At home, finely chop and sauté 2-3 large carrots, 2-3 celery stalks, small onion, 1 tsp herbes de provence, in canola oil for about 10 mins. Cool and put in ziplock bag and freeze for travel. Onsite, combine with 2-3 tetras of Campbell low sodium chicken broth and finely chopped cooked chicken pieces from 1-2 deli chickens in crockpot, before going to the pool. (You could also chop and add in the chicken at home before leaving, freeze that entire ziplock bagful for travel and just add the broth onsite.) Cook in the crockpot while at the pool. As soon as you get back, add in thin soup noodles, they will cook in 10' while the girls get changed. Serve with whole wheat buns. (Try a test batch at home to check all your quantities. For a very large group you could also do two crockpots full, double everything and put meat from one chicken in each.)

## **Breakfast**

- Bagels
- cold cereal – low sugar: plain Cheerios & high protein: Vector
- oatmeal (fruit, brown sugar, cinnamon)
- homemade granola with vanilla yogurt and berries
- scrambled eggs / peeled hard boiled eggs, turkey or ham slices
- grilled cheese sandwiches
- homemade smoothies
- sliced apples
- whole grain toast with jam and peanut butter if it's allowed
- cottage cheese

## **At the Pool or non slow-cooker**

- Caesar salad, green salad or grocery store kale / coleslaw salad in bags. Use ½ of creamy dressing provided in the kit (nobody will notice) or bring a homemade oil & vinegar dressing to use
- hard-boiled eggs, salt and pepper
- wraps – girls can each assemble their own, choosing from good quality sliced ham, turkey, shredded cheese, chopped lettuce, tomatoes, mustard, mayo. Serve with a veggie tray.

## **Slow Cooker**

- Pasta
- Meatballs
- Chicken Fajitas

## **Snacks – let girls pick their own dry snacks to pack in their swim bag**

- Oatmeal cookies, cranberry oatmeal cookies (or save to have as dessert)
- Homemade muffins
- Homemade banana bread, zucchini loaf
- yogurt tubes
- cheese / cheese strings and crackers (Triscuits are a good choice: whole grain)
- granola bars
- fruit – small apples travel well. Bananas. Bunches of washed seedless grapes
- veggies
- choc milk (mainly for recovery right after training/competition, less often as a regular drink)
- raisins in small individual boxes
- arrowroot cookies, graham crackers, pretzels (plain things can be easier to eat during competition when nervous)
- sunflower seeds, pumpkin seeds, dried apricots
- Juice boxes labelled 100% fruit juice (not punch or drink)
- Individual unsweetened applesauce (no sugar added), remember spoons

- Individual yogurts
- Mini pita breads
- Hummus
- Cheerios (handful of dry in small ziplock bag), can also offer cereal and milk as a bedtime snack

**Don't forget!**

- plates, utensils, tablecloth, napkins, cups
- Dressings, condiments, mayo
- serving spoons
- cutting knives
- cutting board
- baggies
- dish soap and scrubber – you can give each room their own dishwashing supplies so girls can wash their dishes after each meal in their own rooms and be responsible for their dishes for the whole trip (plastic dollar store dishes in a mesh bag, camp style)

# RECIPES

## **Bean Salad**

Can of cut green beans (not drained)	398ml
Can of cut yellow beans (drained)	398 ml
Can of chick peas (rinsed and drained)	398 ml
Can of kidney beans (rinsed and drained)	398 ml
Sliced celery	1 cup
Jar of pimentos, drained and chopped instead)	57 ml (can chop up red peppers instead)

Mix all together in a bowl

### Dressing:

1/4 cup granulated sugar

1/4 cup white vinegar

1/2 tsp dry mustard

2 tbsp olive oil.

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Mix dressing with the salad and chill for 24 hrs.

Store in the fridge for up to 3 weeks.

Easy to make ahead of time and transport.

Put together the salad, keep the dressing separate and kept in a liquid-tight container until arriving at the hotel.



## **Grilled Marinated Chicken and Pasta**

Very simple, pre-cooked and frozen at home then just microwaved at the hotel room.

### **Marinated Chicken:**

Take the chicken breast and place it in a ziploc bag, then add enough Catalina salad dressing to coat it, then place the whole bag in the fridge to marinate for at least 4-5 hrs (whole day preferably).

Cook it on the BBQ at home the day before travel (med-high for 8-10 min per side), then place in fridge overnight and cooler the next day (we were consuming it within 1-2 days for the trips to Toronto). You can also cook it stove/oven as you would normally do chicken breast.

### **Whole Wheat Fusili Pasta:**

Also worked very well to freeze as the pieces are small and tight. Pre-cook until slightly al dente, cool and place lying flat in as many ziploc freezer bags as needed so not many layers on top of each other, then place in freezer until needed.

### **Pasta Tomato Sauce:**

Make a large batch at home for the family, then just keep some for the team. Start with plain pasta sauce, and add roasted red pepper, frozen chopped spinach, canned tomatoes and zucchini, more or less depending how chunky you like it.

Add as much tomato paste as needed to help with thickening.

Spices to taste (chopped garlic, oregano, basil, pepper)

To reduce the acidity of the tomato, add either brown sugar, or spicy thai chili sauce (which is also sweet but adds a mild heat as well).

Put some aside for the team in another pot, and puree it until smooth (so the kids that don't like sauce with chunks of veggies in it would still get the nutrition benefit without even realizing it!).

Add in washed margarine containers and placed in freezer.

## **Moroccan Quinoa Salad**

Quinoa freezes really well and easy to make up ahead of time.

I did a “plain” batch and a “moroccan” batch, which pleased both coach, adults and kids.

Plain version: In a medium pot, combine 1 cup of quinoa in 2 cups of reduced sodium vegetable broth and bring to a boil.

Reduce heat to low, cover and simmer for about 20 min or until all the quinoa has absorbed all the liquid. Remove from heat and let stand covered for 10 min.

Fluff with a fork and leave uncovered to cool completely.

I stopped here for the plain version and placed in a freezer suitable container and put in the freezer for future use.

For the Moroccan version: In a medium pot, combine 1 cup of quinoa, 2 cups of vegetable broth, 1/4 cup of currants (I used blueberries which I added before serving instead), 1 tsp curry powder, 1 tsp ground cumin, 1/2 tsp ground coriander, 1 tsp honey, 1/2 tsp salt.

Bring to a boil.

Reduce heat to low, cover and simmer for about 20 min or until all the quinoa has absorbed all the liquid. Remove from heat and let stand covered for 10 min.

Fluff with a fork and leave uncovered to cool completely, then freeze. It travels well frozen and acts as ice packs simultaneously.

Place in fridge.

The day before or day you wish to serve it, add to each the plain and moroccan batches, 1 cup of canned chick peas, 1/2 cup each of red bell pepper, grated carrots, and peeled n diced cucumber. If you didn't use currants, this is where I add 1/2 -1 cup of fresh small blueberries.

The dressing I made at home in a small container:

2 tbsp olive oil.

2 tbsp lemon juice

2 tbsp fresh mint leaves

1/4 tsp ground black pepper.

Of course if you do 2 batches, you need to double the dressing and divide it evenly. I mixed it up the day before and added to both batches.

If the girls like couscous then they should like at least the plain version.

I had just over 1/2 of our young girls try it and liked it. I'm sure more of the older girls would like it. Big hit with the adults!

If you haven't cooked with quinoa before, check to see if it says “pre-rinsed” otherwise you have to rinse it in cold water prior to cooking to remove the bitter outer coating.

A nice plus is that quinoa is a protein with lots of fiber!

## **Turkey Tacos (simple and special) and Bean Tacos**

### **Simple turkey tacos:**

In a large non-stick skillet, cook approx 500g of ground turkey or chicken. Drain off any liquid. Add the Healthy Choice taco seasoning pack (has less salt) and follow directions on the package.

### **Special turkey tacos:**

In a large non-stick skillet, add 500-700g of ground turkey or chicken, 3/4 cup of diced green or red bell pepper (I used more and omitted onions (add 1 cup of diced onions if preferred)), and 1 tsp of garlic. Cook and stir over medium heat until chicken no longer pink, approx 7-8 min. Drain off any liquid.

Add 1 cup of diced tomatoes (canned or chop up yourself), 1/2 cup grated carrots, 1/4 cup ketchup, 1 tbsp chili powder, 1 tbsp red wine vinegar, 2 tsp brown sugar, 1 tsp ground cumin and pepper to turkey/chicken mixture. Reduce heat to medium-low. Cover and simmer for 10 minutes, stirring occasionally. If mixture is too saucy, simmer uncovered for a few more minutes, until most of the liquid has evaporated. Remove from heat.

A lot of the girls were not going to try this one, but when they did they really enjoyed it!

### **Bean tacos:**

Heat 2 tsp olive oil in a pot or skillet. Add 1/2 cup of chopped onions (more if you like the taste), 1 cup of diced carrots, 1 cup of diced green/red/or orange bell peppers, and 1 tbsp minced garlic. Cook and stir until the vegetables are softened, about 5 minutes.

Add 1 tbsp chili powder, 2 tsp dried oregano, and 1 tsp ground cumin. Cook for 1 more minute. Remove from heat.

Stir in 1 can (19oz/540ml) of black beans (drained and rinsed), 1 1/2 cups of whole-kernel corn, 2 tbsp lime juice, and 2 tbsp of minced fresh cilantro. Mix well.

All of these recipes can be frozen and heated up at the hotel.

Give choices of salsa, diced tomatoes, sliced avocado, chopped lettuce, grated cheese, hummus, greek yogurt or tzatziki that they can pick and chose for toppings. If you think of others, even better.

Bring both taco shells (healthy choice ones have less salt), and whole wheat tortilla wraps for choice as well.

## **Quaker's Best Oatmeal Cookies**

*At an away meet, athletes may like to have a couple of these at bedtime with a glass of milk.*

About 3 dozen

### Ingredients

1 1/4 Cup(s) (2-1/2 sticks) margarine or butter, softened

3/4 Cup(s) firmly packed brown sugar

1/2 Cup(s) granulated sugar

1 Egg(s)

1 Teaspoon(s) vanilla

1 1/2 Cup(s) all-purpose flour

1 Teaspoon(s) Baking Soda

1 Teaspoon(s) ground cinnamon

1/2 Teaspoon(s) salt (optional)

1/4 Teaspoon(s) ground nutmeg

3 Cup(s) Quaker® Oats (quick or old fashioned, uncooked)

### Cooking Instructions

Heat oven to 375°F. In large bowl, beat margarine and sugars until creamy. Add egg and vanilla; beat well. Add combined flour, baking soda, cinnamon, salt and nutmeg; mix well. Add oats; mix well. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets. Bake 8 to 9 minutes for a chewy cookie or 10 to 11 minutes for a crisp cookie. Cool 1 minute on cookie sheets; remove to wire rack. Cool completely. Store tightly covered.

### Serving Tips:

Bar Cookies: Press dough onto bottom of ungreased 13 x 9-inch baking pan. Bake 25 to 30 minutes or until light golden brown. Cool completely in pan on wire rack. Cut into bars. Store tightly covered. 24 BARS

**Best Ever Whole Grain Pancakes** - I just use whole wheat flour instead of multigrain because I never get around to buying multigrain. Spelt flour is also good to use instead of multigrain, as it's a bit fluffier.

Great to have a couple of these in your bag for after a morning workout to eat plain if you have to head off to school or work and no chance to sit down for a meal. Or feed unlimited quantity to swimmer when they get home from practice with a glass of milk or topped with Greek yogurt to increase protein. You could serve with berries, peaches, sliced bananas. Leftovers can be frozen and toasted.

<http://www.cbc.ca/bestrecipes/recipes/best-ever-whole-grain-pancakes/>

**Maple Berry Smoothie** - use plain Greek yogurt, 100% juice and real maple syrup. Fantastic after a workout (bring in a thermos with an ice cube added to keep it cold, drink right after practice in the change room or on the way home) and would also do as a bedtime snack (or even a recovery meal, if you have a late evening workout and no appetite for a meal). You may not feel like lugging your blender to competitions, understandably... so it can be a nice snack to have at home. For a special treat, you could also serve it to your team at the pool after practice, in paper cups, at home in Ottawa.

Blend: 1 cup berries (I prefer all strawberries),  $\frac{3}{4}$  cup plain yogurt,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup ice (about 3-4 ice cubes),  $\frac{1}{3}$  cup orange juice, 3 tbsp maple syrup. Serves 2.

**Granola** (from Whining and Dining) – easy to make a batch of this at home and bring on the trip in a large ziplock bag if you need to provide breakfast. Great with vanilla yogurt and berries.

<https://books.google.ca/books?id=Qm4JUCw6vC8C&lpg=PA58&ots=FgSBsYv3NC&dq=whining%20and%20dining's%20granola&pg=PA58#v=onepage&q=whining%20and%20dining's%20granola&f=false>

## **Banana Chocolate Oatmeal Bread (from Whining and Dining)**

A synchro swim meet favorite. If you freeze it, then it will slice thinly. I make it with canola oil instead of butter and it is fine. A team can go through a loaf a day... in the past, I have brought three frozen loaves to long meets.

3/4 cup sugar  
1/2 cup unsalted butter, melted  
2 large eggs  
1/2 cup quick-cooking rolled oats  
1 1/2 cups mashed banana (3–4 very ripe bananas)  
1/4 cup buttermilk  
1 tsp vanilla  
1 1/2 cups all-purpose flour  
1 tsp baking soda  
1/2 tsp salt  
1/3 cup chocolate chips

Preheat Oven to 350F

Grease and flour a loaf pan.

Combine sugar and butter in a large bowl and stir until uniform. Add eggs, one at a time, and stir to incorporate. Add oats, banana, buttermilk and vanilla; stir until uniform. Combine flour, baking soda and salt in a small bowl; stir with a fork to blend.

Add flour mixture to banana mixture one third at a time; stir until just combined. Stir in chocolate chips.

Pour batter into prepared pan. Bake for 1 hour to 1 hour and 10 minutes or until loaf is dark brown and a cake tester comes out clean. Cool bread in pan for 10 minutes, then run a knife along the edges to loosen, turn out of baking pan and cool on a rack. Makes 1 loaf.

Tip: These also make delicious muffins and mini-muffins (try it with mini chocolate chips!). Muffins take about 20 mins and minis bake for 13 mins.

## Yogurt Waffles

*These are a bit impractical to whip up on a trip but if you want to spoil your team, you can bring three batches of batter and waffle iron to the pool and cook onsite right after practice for a delicious team event at Sportsplex or Walter Baker (the wonderful smell will attract strangers asking if they can have some). Containing Greek yogurt, milk and eggs, this is a great recovery meal with both protein and carbohydrates. Cooperate with a few other moms to cook and provide paper plates, cutlery, napkins, syrup, berries, chocolate milk and paper cups.*

2 large eggs

1 cup plain yogurt (use Greek yogurt, both 0% or 2% work well)

1/2 cup whole milk, plus more as needed (skim is also fine)

1/2 cup unsalted butter, melted, or 1/2 cup canola oil (canola oil is fine)

2 tablespoons honey

1 teaspoon pure vanilla extract

1 1/2 cups all-purpose flour

1 tablespoon firmly packed light brown sugar

2 teaspoons baking powder

1 teaspoon baking soda

1/4 teaspoon salt

Preheat a waffle maker.

In a medium bowl, whisk together the eggs, 1 cup yogurt, milk, butter, honey, and vanilla.

In a large bowl, mix together the flour, brown sugar, baking powder, baking soda, and salt. Make a well in the center of the dry ingredients, then pour in the egg mixture. Whisk until mostly smooth, with just a few lumps. If the batter is too thick, stir in another 1 to 2 tablespoons milk.

Ladle the batter into the waffle maker. Spread the batter so that it almost reaches the edges of the waffle maker. Cook until the waffles are crisp and browned, 3 to 4 minutes.

Using a silicone plastic or wooden spatula, remove the waffles from the waffle maker and serve right away, or place on a baking sheet in a single layer in a 200 degree F (95 degree C) oven for up to 20 minutes before serving.

Serve with real maple syrup and fresh fruit. Leftovers can be frozen and toasted.

## **Recommended reading**

Nancy Clark's Sports Nutrition Guidebook.

Nancy is an internationally known sports nutritionist and best-selling author trusted by many top athletes.

<http://www.nancyclarkrd.com/books/sportsnutrition.asp>

Whining and Dining - Mealtime Survival for Picky Eaters and the Families Who Love Them

BY Eshun Mott & Emma Waverman

Part cookbook, part parenting manual, Whining & Dining – from two food lovers who are also mums of picky eaters – will bring sanity to every family's table.