

Breakfast Grocery List (if cooking for team)

Eggs
Yogurt
Bagels
Cream Cheese
Fruit (bananas/strawberries)
Granola/Cereal
Frozen Waffles (protein)
Milk
Orange Juice

Sack Lunch Grocery List (for tourney packing)

Tuna Sandwich (canned tuna)
Ham Sandwich (ham deli meat)
PB & J Sandwich (peanut butter, jam)
Nutella Sandwich (Nutella)
Pretzel Sticks
Fruit (precut apples/small bananas/ grapes cut up)
Carrot Sticks
Protein Shake
Frozen Gogurts
Baked chip packs/smart popcorn packs/veggie sticks
Protein Granola Bars
Gatorades (small)
Individual PB Cups
Pepperoni Sticks (beef and/or turkey sticks)
Apple Sauce
Cheese Sticks
(Healthy Grain Bread, Mayo/Mustard, Cheese Slices)

Cooking Dinner for Team Ideas

Taco Bar

(ground turkey, ground beef, olives, beans, cheese, lettuce, sour cream, salsa, taco shells, chips and salad.
Frozen yogurt for dessert☺)

Spaghetti Feed

(spaghetti, marinara, ground beef and/or turkey for sauce, cheese, Italian/cheese/garlic bread, caesar salad.
Angel Food cake for dessert with whipped cream and berries☺)

Homemade Chicken Noodle Soup (Lunch or Dinner option)

(egg noodles, chicken broth, chicken breast cooked and cubed, carrots, celery, Italian seasoning, salad with croutons, multi grain bread loaves with balsamic and olive oil for dipping. Smoothies for dessert☺)

Remember to plan for plates, napkins, bowls, utensils, paper bags, Ziploc bags, gallon bags for storage etc.