



Hockey Snack Swap Cheat Sheet

Hard-gaining hockey players need more than empty snacks.

Use these simple boosts to turn their favorite snacks into real fuel – without changing what they already love.

Salty Swaps (Keep the same vibe, add more fuel)

Instead of Goldfish / Cheez-Its →

Add a cheese stick or pair with Wheat Thins for extra calories and staying power.

Instead of Chips →

Choose trail mix with M&Ms or chocolate chips (still crunchy, salty, snacky... just more fuel).

Instead of Plain Crackers →

Pair crackers with cheese, hummus, or peanut butter.

Instead of Pretzels →

Use peanut butter-filled pretzel nuggets (same snack, more calories).

Sweet Swaps (Same sweet craving, higher payoff)

Instead of Fruit Snacks →

Use dried fruit (mango, apricots, raisins). Sweet, chewy, but way more fuel.

Instead of Fruit Roll-ups →

Pair with nut butter + apple slices for the same sweet vibe with a boost.

Instead of a Chocolate bar →

Try chocolate-covered almonds (still chocolate, just more nutrition + calories).

Instead of Muffins / Cookies →

Swap for energy bites (oats, nut butter, honey, chocolate chips). Same dessert feel, more substance.

Instead of Candy →

Use granola clusters with chocolate chips – still sweet, just more filling.



Drink Swaps (Keep the drink, add a boost)

Instead of Gatorade only →

Send Gatorade + beef jerky for an easy protein bump.

Instead of Chocolate Milk only →

Chocolate milk + granola bar = double the fuel, same favorite drink.

Instead of a Juice Box →

Use a smoothie pouch (fruit + yogurt) – same sweetness, more staying power.

On-the-Go / Lunchbox Swaps

Instead of a Chewy Granola Bar →

Pick a Clif, RX, or KIND bar (feels the same, fuels way better).

Instead of a PB&J on White Bread →

Use whole grain + double peanut butter (still PB&J, just more calories).

Instead of String Cheese alone →

Send string cheese + pretzels (quick carb + fat + protein).

Instead of Plain Apple Slices →

Add caramel dip or peanut butter.

Instead of a Rice Krispies Treat →

Try a protein crispy bar (like Quest). Same treat, bigger boost.

Snack Packing Tips (For Parents)

- Pack snacks in small containers so they're just as easy as chips or fruit snacks.
- Keep a grab-and-go snack basket stocked.
- Buy in bulk (nuts, dried fruit, bars) and portion for the week.
- Make swaps look normal – don't announce them.
- Always send two snacks instead of one.

Small Swaps, Big Gains

These swaps make fueling from Finally Gaining even simpler. Start with one or two this week and you'll be shocked how quickly the calories add up. Stay consistent – and results will follow.

– Coach Terry