



# 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 →**

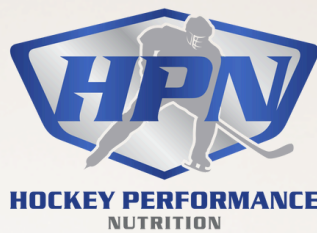
Try chocolate-covered almonds (still chocolate, just more nutrition + calories).

### **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