

Meal Ideas for Performing Artists

The items listed here are to help you eventually generate your own eating scaffold and plan. It's an idea and suggestion only, and not a rule

Breakfast

- Porridge, muesli or cereal with milk/yoghurt and fruits/nuts
- Toasts (e.g. PB&J; avocado and egg; bacon and egg; baked beans)
- Breakfast smoothie (milk/yoghurt, banana, berries and greens of choice)
- Bagels with cream cheese and fruits
- Wholemeal pancakes with maple syrup and berries

Lunch

- Wraps or Sandwich (e.g. chicken and avocado wrap; ham and salad sandwich; cheese and vegemite sandwich)
- Pasta salad (e.g. cherry tomatoes, chicken and avocado with spiral pasta and vinaigrette)
- Sushi rolls or Rice paper rolls (e.g. chicken, tofu and/or salmon)
- Fried rice with chicken/egg and vegetables

Dinner

- Pasta (e.g. tomato-base sauce with chicken and veggies; meatballs) and salad
- Beef/pork and veggie stir-fry with noodles
- Hearty soup e.g. with veggies, beans and rice or with toast on the side
- DIY pizza using colourful vegetables and cheese
- Dumplings with stewed/stirfried veggies on the side
- Sweet potato and lentil curry with rice
- Quesadillas / burritos
- Noodles (soup or stir-fry) with protein and vegetables
- Lasagne and salad

Snacks

- Fruits (apple, pear, banana, grapes etc – anything in season)
- Nuts or trail mixes (outside of school)
- Sandwich triangles
- Muffin (savoury or sweet)
- Crumpets or toast with spread (e.g. nut butters, jam, honey, vegemite)
- Cheese and crackers
- Yoghurt (with muesli and/or fruits)
- Muesli bars
- Crackers and veggie sticks with hummus dips
- Fruit smoothie (milk + banana + honey/sugar + berries)
- Any small/quick version of a main meal - the importance here is that it's convenient for you and sits well in your tummy

Do's and Don't

Do

- Eat breakfast
- Keep small or single-serve size snacks in your bag for easy refuelling
- Go for easily digested foods and meals (e.g. banana; simple white sandwich with ham/cheese; yoghurt; smoothie; warm cooked or roasted veggies instead of raw salad)

Don't

- Try a new food that may cause gastrointestinal discomfort.
- Eat a very high-fibre or high-fat foods (e.g. large amounts of beans, raw salads or fried foods) because you'll most likely end up bloated, gassy and feeling lethargic

