

### 463 Sports Nutrition: Ready, Set, Go Recipe Completion Chart

For each Project Activity, you must prepare **all recipes and complete each of the activities**. (Overtime Activities are option in the first year.) Please keep track of the recipes you have made using this chart.

Topic	Recipe	Number of Times Recipe Made
<b>The Three Parts of Physical Fitness</b>	Pasta Salad	
	Spinach and Mandarin Orange Salad	
<b>Exercise and Your Heart Rate</b>	Stir Fry Vegetables	
	Fruit Salsa	
<b>Eating and Burning Calories</b>	Sandwich Mix-and-Match	
	Minestrone Soup	
<b>How Nutrients Help Performance</b>	Baked Potatoes Deluxe	
	Granola	
<b>Finding Hidden Water for Hydration</b>	Make Your Own Sports Drink	
	Infused Water Drinks	

