

# UW-Madison Athletic Department

## Sports Nutrition Cookbook

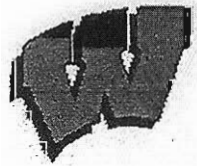
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Dear Student Athlete,



The Sports Nutrition department is very excited to have this cookbook for you. We realize the important role nutrition plays in your performance as an athlete and want to make sure you have easily accessible resources for you to make nutrition a top priority. We also realize that with a busy, it is not always easy to make the best choices when it comes to nutrition.

We have carefully chosen recipes we think you will enjoy. For those of you who like to cook, there are great recipes and menu ideas that are quick, easy, and delicious. For those of you with a little less experience in the kitchen, you will find plenty of basic recipes to get you started on the road toward good nutrition. For the majority of recipes we have kept your busy schedules in mind. We want you to eat healthy, but not spend a lot of time in the kitchen.

The Sports Nutrition office is available for you for any nutrition questions or concerns you may have. Feel free to contact the Sports Nutrition office at 262-9422 to set up an appointment.

Thank you,

A handwritten signature in cursive script that reads "Lisa Lemke". The signature is written in black ink and is located below the "Thank you," text.

Lisa Lemke, RD  
Sports Nutrition Program Coordinator