

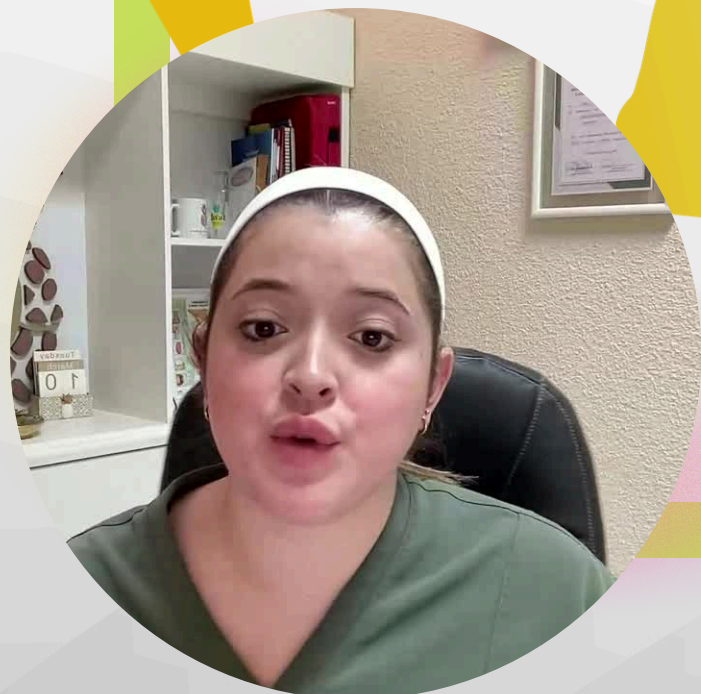


COREY GUSTAFIK & LUISA ZAMBRANO

PATRIOTIC PB FUEL BAR



LAB 3: NO BAKE SNACKS



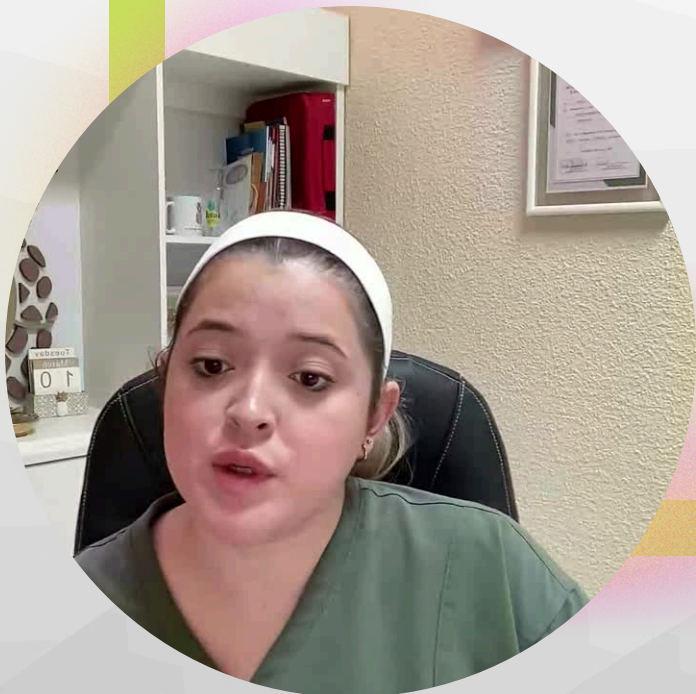
ASSIGNED ATHLETE PROFILE

29-YEAR-OLD MALE RESISTANCE ATHLETE

225 LB, 6'1"

GOAL: LOSE FAT MASS + MAINTAIN LEAN BODY MASS

NEEDED A PRACTICAL NO-BAKE RECOVERY SNACK



ENERGY + MACRONUTRIENT NEEDS

TDEE: 3,076 KCAL/DAY

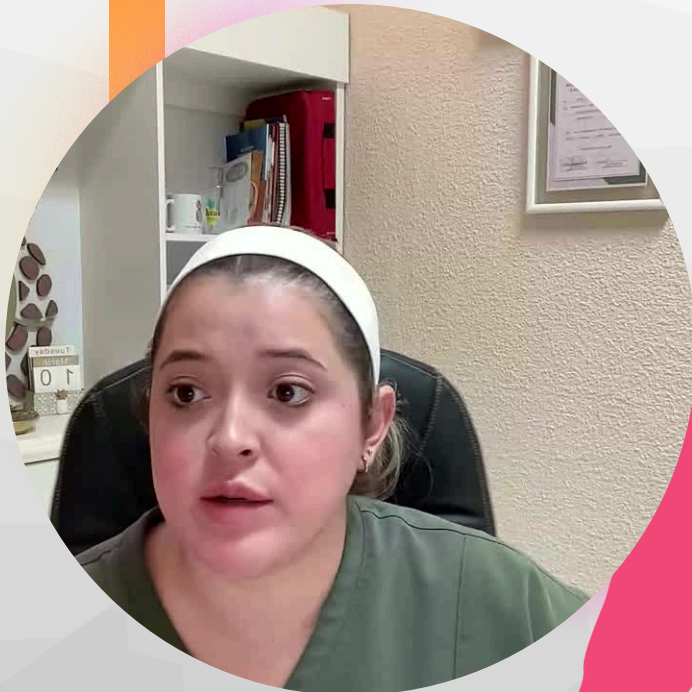
GOAL INTAKE: 2,576–2,826 KCAL/DAY

PROTEIN: 153 G/DAY

CHO: 408 G/DAY

FAT: 64 G/DAY

SNACK GOAL: 200–250 KCAL



THE ORIGINAL RECIPE

1 CUP CREAMY PB
½ CUP HONEY OR MAPLE SYRUP
2 ¾ CUPS ROLLED OATS
½ CUP DARK CHOCOLATE CHIPS



OUR RECIPE

PATRIOTIC PB FUEL BARS

2 ³/₄ CUPS OF ROLLED OATS

¹/₂ CUPS PB

¹/₂ CUP OF PBFIT

¹/₂ CUPS OF CHOCOLATE CHIPS

¹/₂ CUP OF HONEY

¹/₂ CUP OF WATER

BEST FOR PRE-WORKOUT OR QUICK SNACK



WHY DID WE MODIFY IT?

ADDED 1.2 CUPS PB2 = MORE PROTEIN
REDUCED PB= LESS FAT
REPLACE DARK CHOCOLATE WITH SEMI-
SWEET= WHO DOESN'T LOVE A MORE SWEET
TASTE
ADDED WATER= MORE MOIST FLAVOR



NUTRITION ANALYSIS

PORTION SIZE: 1.9 OZ (1 BAR)

TOTAL KCAL: 202

PROTEIN: 6.2G

CHO: 33.8G

FAT: 7.3G

7% OF DAILY KCAL



COMMERCIAL SNACK

SMUCKER'S UNCRUSTABLE STRAWBERRY

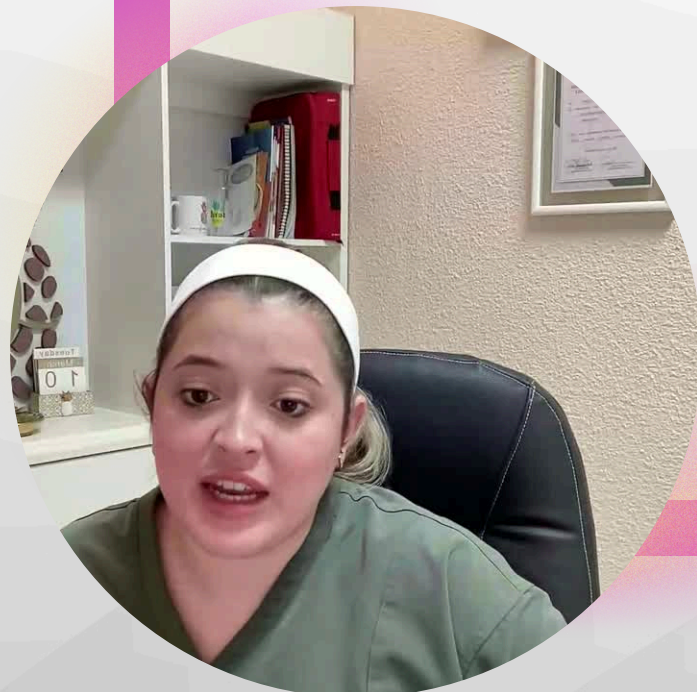
210 KCAL

28 G CHO

6 G PROTEIN

9 G FAT

BEST FOR PRE-WORKOUT OR QUICK SNACK



COMPARED TO UNCRUSTABLES

BOTH ARE PORTABLE + CONVENIENT
BARS = MORE FIBER + BETTER INGREDIENT
CONTROL

UNCRUSTABLE = BETTER PRE-WORKOUT
BARS = BETTER RECOVERY SNACK



SENSORY ANALYSIS

- HIGH OVERALL ACCEPTABILITY (AVG: 92)
- STRONG TASTE AND FLAVOR RATINGS
- PORTION SIZE RATED VERY APPROPRIATE
- TEXTURE WAS THE MAIN AREA FOR IMPROVEMENT
- SOME FELT IT WAS SLIGHTLY TOO SWEET
- WOULD MAKE AGAIN: YES



COST

RECIPE COST= \$1.25 (20 BARS)
COST PER BAR= \$0.06
PACK OF UNCRUSTABLES= ~\$10
EACH SANDWICH= ~\$1
ONE SANDWICH= ALL 20 BARS



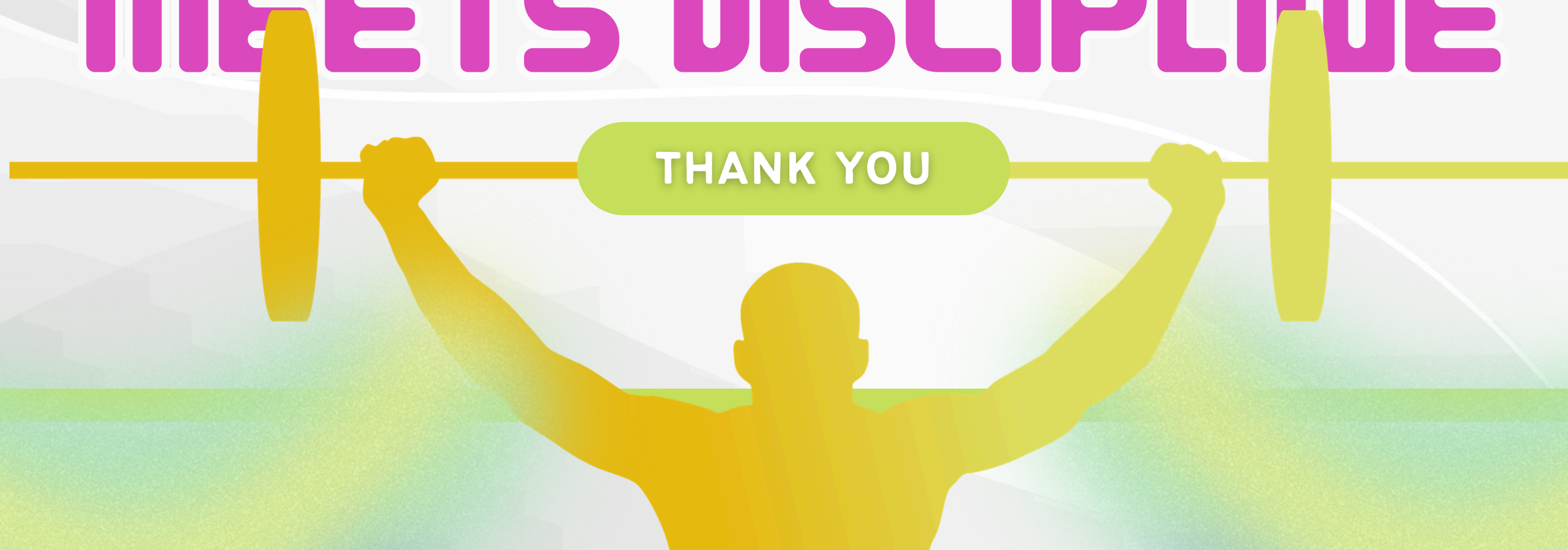
CONCLUSION

KEY TAKEAWAYS
COST EFFECTIVE SNACKS THAT MEET OUR
ATHLETE NEEDS
CHANGES THAT COULD BE MADE
THE BEST SNACK IS ONE THAT IS ENJOYED
AND ACCESSIBLE



**STRENGTH IS BUILT
WHEN PASSION
MEETS DISCIPLINE**

THANK YOU



REFERENCES

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