

Healthy **DANCER** meals



J. Paulin @

name :

goal :



Breakfast choices

- * Protein Shake w/ skim milk
- * PB & J on wheat Bread
- * egg sandwich on wheat or omlet
- * Toast with cheese slice & avocado
- * Boild eggs & fruit
- * yogurt parfait
- * oat meal with fruit & nuts



Lunch choices



- * choose salad 2-3x's a week
- * Ham & cheese tortilla wrap
- * Protein Bar with fruit & milk
- * tuna salad sandwich (lowfat mayo)
- * add Baked chips or pretzels
- * Hummus + Veggie + crackers
- * wrap pretzel sticks with deli meat and cheese + fruit + yogurt
- * Apple + Peanut butter + crackers + cheese stick
- * Hot dog inside a tortilla

Dinner choices

- * Half your plate veggies
- * choose, fish, chicken, shrimp
- * 1.5 cups pasta or potato - no fries
- * corn tortillas are a good choice
- * fajitas with corn tortillas
- * chicken ceasar salad / Dions salad
- * research healthy dinners on Pinterest



Tip share a meal if you go out!

REMINDERS

- * carry water @ all times
- * download an app to track your meals
- * what you put into your Body shows on the outside
- * Don't eat fast food for breakfast
- * limit high calorie coffies & drinks
- * drink lots of water with dinner
- * limit soda to the weekend
- * choose grilled not fried most of the time

Choose a.....

Pre Dance Snack

- * Protein Bar
- * yogurt + fruit
- * trail mix
- * Protein shake
- * rice cake + Peanut but
- * Skinny Latte & a grande Bar.
- NO FAST FOOD -

College Rankings Weight Loss Plan How To

Y Pai



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