

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 Today

David Patrick, William Geddie



College Rankings Weight Loss Plan Today:

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The Almanac of American Employers Jack W. Plunkett,1985 Ranks salaries benefits stock plans savings plans profit sharing and medical dental plans financial stability and chances for upward mobility within the organizational structure
Publications of the University of Pennsylvania ,1889 **Current Index to Journals in Education** ,2000 **The Medical Standard** ,1929 The Journal of the Florida Medical Association ,1928 Proceedings included in vols 3 4 7 23 25
The Public Health Nurse ,1929 *American Medicine* ,1929 **The New York Times Magazine** ,1992
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