

Healthy DANCER meals

Name: _____

Goal: _____



S. Poulin ©

Breakfast Choices

- * Protein Shake w/ skim milk
- * PB & J on wheat Bread
- * egg sandwich on wheat or omlet
- * Toast with cheese slice & avocado
- * Boiled eggs & fruit
- * yogurt parfait
- * oatmeal 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 - Nufries
- * corn tortillas are a good choice
- * fajitas with corn tortillas
- * chicken caesar salad / Dions salad
- * research healthy dinners on Pinterest



Tip: share a meal if you go out to eat!



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 coffees & 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 butter
- * Skinny Latte & a granola bar.

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RD Boyd

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