Health Meals and Snacks

1st Meal Breakfast:

* Wake up knock your 25-Push-Ups!!! Eat a good breakfast every morning.
* Look for whole grain foods, cereal or oatmeal and a banana.

2nd Meal Lunch:

* Eat whatever their serving at lunch in the cafeteria.
* Also bring in a Peanut butter and Jelly sandwich on whole-wheat bread to eat that with your lunch.

3rd Meal Snack:

* Whey Protein Shake sold at Wal-Mart drink right after weight room.
* 25-Push-Ups right when you get home.

4th Meal Dinner:

* Eat a full a complete dinner.
* 25-Push-Ups after you eat dinner.

5th Meal Snack:

* Light snack - Eat some beans, black beans, black-eye beans.
* Any type of beans that have good protein in them.

6th Meal Snack:

* Peanut Butter and Jelly Sandwich on whole-wheat bread with a glass of milk.
* 25-Push-Ups right before you go to bed.
* **(Most Important**) Get at least 8 Hours of sleep every night!!! Your body grows at night when you’re sleeping.

***Point of Interest***: Try to limit eating a lot of fast food places. Most fast food places use a lot of processed foods which have no nutrition in them. Fall in love with PB&J Sandwiches they have a lot of protein in them and are natural protein which your body needs. Make sure your doing your 100 Push-Ups everyday and also add some core work. If you’re allergic to Peanut Butter eat a turkey sandwich instead. Eat a banana and drink water!!!

Protein Shake:

