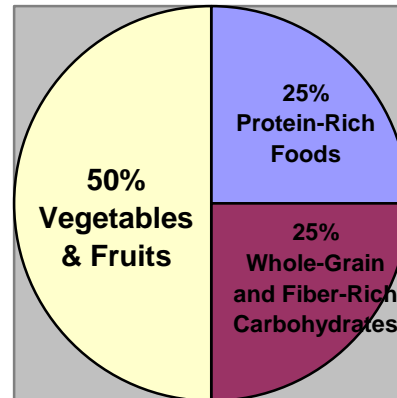


## Finish Strong TIP #2

# Make it to the finish line...

Bagels, Burgers and the Food Trucks OH MY!...you need to eat a variety of foods to get all the nutrients, vitamins and minerals you need!

Get what you need eating the “Balanced Way”



*Add healthy oils & fat daily*

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### SAMPLE MEALS TO CREATE BALANCE:

Breakfast	Lunch/Dinner
<ul style="list-style-type: none"><li>• PB&amp;J on whole grain &amp; an orange</li><li>• Oatmeal with raisins and walnuts</li><li>• Egg and cheese on whole grain bagel/toast and an apple</li><li>• Cottage cheese with berries and a whole grain English muffin</li><li>• Whole grain cereal (read labels), low-fat milk, a yogurt and a piece of fruit</li></ul>	<ul style="list-style-type: none"><li>• Turkey and cheese with extra veggies on a whole grain wrap or roll</li><li>• Grilled chicken salad and whole grain roll</li><li>• Chicken and Veggie burrito with black beans and a piece of fruit</li><li>• Whole wheat pasta with grilled chicken or low-fat ricotta cheese and a side salad</li><li>• Tofu or Chicken Stir-fry with veggies and brown rice</li></ul>

GOT QUESTIONS ABOUT NUTRITION OR IMPROVING YOUR PERFORMANCE AND HEALTH?

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