

## 5, 4, 3, 2, 1, O...Brenner FIT – Families In Training Eat 3 Meals a day - no skipping

Eating 3 regular meals a day keeps our energy and weight in balance!

BREAKFAST is important to start our day off right, gives us energy and improves our grades. Does not have to be breakfast foods- and neither does lunch or dinner- as long as you eat regularly.

Breakfast

- Sandwich, piece of fruit, Peanut butter and banana toast (100% whole wheat bread),
- Breakfast burrito, Egg Sandwich
- Dry cereal, nuts, piece of fruit or light yogurt

Lunch

- Sandwich (turkey, ham, Chicken, lean roast beef)
- Whole wheat pita (tuna or Chicken salad with mustard, low fat dressing)
- Piece of fruit, fruit cup in own juice, light yogurt or sugar-free pudding
- Low fat Cottage Cheese, String Cheese, or 3/4 Cup nuts
- Vegetable sticks or baby Carrots

Dinner

- Tacos or burritos
  - Wheat tortilla, salsa, lettuce, 2% shredded cheese
  - o Lean ground turkey breast, grilled Chicken strips, or beans
- Grilled Chicken strips, instant brown rice, frozen vegetable stir fry, olive oil
- Whole wheat pasta, spaghetti sauce, green beans

Shacks

- Great to keep your hunger in Check if you haven't eaten in 3 hours and your next meal isn't for 3 hours.
- Not sure if you are truly hungry? Try water or a sugar-free drink first!
- Fruit, light yogurt, string Cheese or veggies and dip make a perfect snack.