

Breakfast

WHY IT'S A GOOD THING

When to eat?

- Within an hour of waking
- 20-30 minutes prior to morning workouts

What to eat?

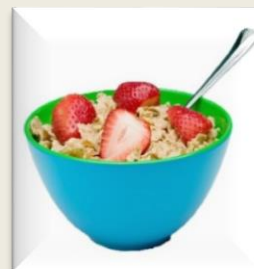
- Powerful pairing
 - Carbohydrates for energy
 - Protein to rebuild muscle
 - Healthy fats to keep you satisfied
- Choose 2-3 different food groups.
 - Grains, fruits, vegetables, protein and dairy
- Include a beverage.
 - Milk, water, 100 juice
 - Limit caffeine intake, your body needed energy from food first.
- Try non-breakfast foods.
 - Leftovers from dinner or pizza from the weekend.

Examples:

- Cereal and low-fat milk
- Fruit smoothie made with yogurt
- Peanut butter toast, banana, glass of milk
- Yogurt, granola, fruit
- Whole wheat bagel, egg, cheese
- Granola bar and cheese stick
- Trail mix with dry cereal
- Turkey and cheese sandwich
- Cold pizza

Why breakfast?

- ✓ Energy
- ✓ Better concentration
- ✓ Healthy weight
- ✓ Better grades
- ✓ Improve performance
- ✓ Hydrate



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