



## **Healthy Body & Mind Meal Structure for your Kids to Enjoy!**

### **Water Guide:**

**\*\*\*3 Liters a day of water (not juice, or other liquids) is recommended by the National Academies of Science Engineering Medicine\*\*\***

### **Meal 1: Breakfast**

**Protein + Fat (studies have shown adequate protein and fat to start the day will keep your child full, focused and energized until lunch).**

#### Examples:

- Smoked salmon & avocado (3 min prep time)
- Chicken sausage & Eggs (8 min prep time)
- Egg whites with sauteed spinach and nuts (8 min prep time)

### **Meal 3: Lunch:**

**Protein, Fat and Veggies (protein should show up at every meal)**

#### Example:

- Some type of salad with protein option add a nut mix on the side or a coconut milk yogurt with berries for extra options.



#### **Meal 4: After School Snack at around 3:30 or 4pm**

**Protein and Veggies (Keep it light if dinner is around the corner, but enough to give energy for sports practice, a high quality good tasting whey or pea protein shake is a great option)**

##### Examples:

- Protein shake with added nut butter or almond milk blended to thicken
- Celery sticks with honey or maple almond butter and raisins (ants on a log!)
- Turkey jerky or meat stick with single serving packet of justin's almond butter
- Nut mixes

#### **Meal 5: Dinner**

**Protein and Veggies + Starchy Veggies Carbs! Starchy carbs like rice, beans, sweet potato etc., help promote healthy sleep and should be saved for the evening.**

##### Examples:

- Grass fed burger + sweet potato fries and steamed broccoli w/ garlic
- Lemon chicken, brown rice with grass-fed butter and green beans

#### **Meal 6: Before Bedtime Snack**

**If your child is an athlete, it may be advantageous to give them extra carbs at night. Carbohydrates help replenish glycogen stores in the muscles, enabling your child to push it on the court or field, full throttle, the next day. Carbohydrates also help soothe before bedtime and give a little “crash”/make you tired helping to promote sleep.**

##### Examples:

- Gluten free waffle with natural maple syrup
- Oatmeal with berries and sprinkle of real brown sugar