

# Nutrition Tic-Tac-Toe

Eat breakfast within two hours of waking up

Use smaller plates to help portion your meals

Skip fast food restaurants for the day

Drink at least 64 ounces of water

Have at least three servings of vegetables for the day

Pack your lunch for the day

Have at least three servings of vegetables for the day

Have a piece of fruit for a snack

Eat a lean protein source with every meal and snack

SHEET 3



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**FUEL UP RIGHT!**

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