Cheesy Powerhouse Potato
Recipe makes one serving

Ingredients:
- 1 large Potato
- 1 cup raw vegetables such as Broccoli (or use frozen)
- ¼ cup plain Yogurt
- A sprinkle of black Pepper
- ¼ cup cheddar Cheese, shredded

To bake the potato:
Wash the potato and use a fork to poke it in 3–4 places (top, bottom and sides). Microwave for 8–10 minutes, turning it over after about 5 minutes so it cooks evenly.

To cook the broccoli:
Wash the broccoli. Cut it into smaller pieces. Cook in the microwave by placing pieces in a microwave-safe bowl with one tablespoon of water and cooking for 1–2 minutes.

How to make it:
Slice baked potato lengthwise. Mix the yogurt into the potato. Add the black pepper, cooked broccoli and cheese. Enjoy!

Pump It Up Option: Add ground beef, turkey, beans or even sunflower seeds to boost your protein.

Mix It Up Option: Top the potato with your favorite vegetables like bell pepper or salsa or use your favorite kind of cheese.

Chicken Fettuccine
Recipe makes one serving

Ingredients:
- 2 ounces Fettuccine (the ends of the pasta together look about the size of a dime)
- ¼ tablespoon Butter
- 1 tablespoon all-purpose Flour
- ¾ cup Milk
- 2 tablespoons grated Parmesan Cheese
- A pinch each of Salt and Pepper
- ⅛ cup cooked Chicken cut into chunks or canned Chicken
- ½ cup Peas (fresh, frozen or canned)

How to make it:
Cook and drain the fettuccine by following the instructions on the package. For the Alfredo sauce, melt the butter in a small saucepan over medium heat. Add the flour and stir until it forms a thick paste. Add the milk and stir frequently over medium-low heat until the sauce is thick (a couple of minutes).

Once the sauce is thick, remove from heat and add the Parmesan cheese, salt and pepper. If the chicken and peas are cold, warm them in the pan or microwave. Add the chicken, peas and Alfredo sauce to the pasta. Enjoy!

Boost It Up Option: Add color with additional vegetables like broccoli or tomato.

Energy Boost Burrito
Recipe makes one serving

Ingredients:
- 1 Egg
- Splash of Milk
- ⅛ cup shredded Cheese
- 1–2 tablespoons chopped Tomato or Salsa
- A pinch each of Salt and Pepper
- 1 whole-wheat Tortilla

How to make it:
Crack the egg into a bowl or cup. Add the milk and cheese. Beat with a fork until the egg is well mixed.

Spray pan with cooking spray or add a drop of butter or oil. Heat pan over medium heat. Add tomato. Add the egg mixture and cook until light and fluffy. Add salt and pepper as you like it. Spoon egg mixture into the tortilla and roll up like a burrito. Take it to go or sit and enjoy!

Boost It Up Option: Add crunch with chopped onion or bell pepper.

Mix It Up Option: Add hot sauce or use spicy cheese.

Creamy Fruit Smoothie
Recipe makes one serving

Ingredients:
- ½ Banana
- ½ cup low-fat or fat-free Milk
- ⅛ cup vanilla Yogurt
- ½ cup fresh or frozen Berries
- 4 Ice cubes

How to make it:
In a blender, process all the ingredients until smooth. Add more milk if the smoothie looks too thick. Enjoy immediately!

Pump It Up Option: Add peanut butter to your smoothie. In addition to milk and yogurt, nuts are full of protein and vitamins.

Boost It Up Option: For healthy skin and eyes, add small amounts of vegetables like lettuce, frozen spinach, carrots or kale to your smoothie. A smoothie is a delicious way to get your greens.

Mix It Up Option: Find more smoothie recipes at HealthyEating.org/Smoothies.
Three reasons you skip meals ... and why you shouldn’t!

1. **You don’t have time.** Skipping meals can backfire by making you sluggish and less productive because your brain needs energy and your muscles need fuel. Take a minute and toss a few healthy snacks into your backpack. See #3 for ideas.

2. **You’re trying to get fit.** Your body works best when you eat regular meals and snacks. Eat when you’re hungry and stop when you’re satisfied. Be aware of your body’s needs so you can reach your potential!

3. **You’re low on cash.** The items below create a balanced meal that will give you fuel and won’t break the bank.
   - Apple + cheese stick + several whole-grain crackers
   - Hummus + carrot sticks + milk
   - Whole-wheat tortilla + peanut butter + banana slices

Make better choices when eating out!

Eating out doesn’t have to lead to overeating and less-healthy food choices. You have the power to make healthy choices even when on the go!

**Tips for Eating Out:**
- Share a meal or box up half for later.
- Order lean meats that are baked, broiled or grilled.
- Add extra veggies to your sandwich, taco, burger or wrap.
- Try to balance your meal with food from all 5 food groups.
- Order sauces and dressings on the side.

**Go-To Foods:**
- **Beverages:** water, low-fat or fat-free milk, unsweetened tea
- **Sides:** apple slices, baked potato or a small garden salad
- **Mains:** grilled chicken sandwich or wrap, bean and cheese burrito, soft taco or entree salad with lean meat
- **Breakfast:** smoothie with milk and fruit, yogurt parfait, oatmeal or egg and cheese burrito with salsa

Why protein is awesome!

1. **It keeps you full and satisfied.**
2. **It fuels your fitness.**
3. **It is delicious.**

Foods like eggs, meat, beans, fish, nuts, milk, yogurt and cheese have plenty of protein and help you maintain a healthy weight. (If you want to build muscle not fat, take note.)

It is best to spread your protein throughout the day—don’t eat it just at dinner or just at lunch. A breakfast burrito is one way to eat protein in the morning, which helps keep you full and satisfied until lunch.

**Get ideas for protein-packed meals and snacks at HealthyEating.org/Protein.**

What are you drinking?

The next time you grab a drink, consider these choices that your body will appreciate!

- **Drink milk for major health benefits.**
  - **Tips:** Buy a cold milk at school. Use milk, instead of water, to make hot chocolate, oatmeal or soup.

- **Drink chocolate milk after a workout.**
  - **Tip:** The mix of protein, carbohydrates and electrolytes in chocolate milk helps to feed your muscles and hydrate your body better than sports drinks!

- **Drink water for a quick refresher when you are feeling hungry or tired.**
  - **Tips:** Keep it on hand. Add additional flavor with slices of orange, lemon or cucumber or go bubbly with club soda.

How do your drink choices stack up? Visit HealthyEating.org/Drink to find out!