

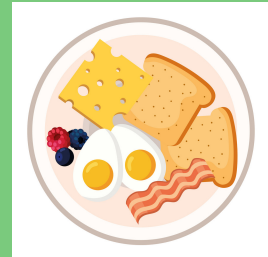


Diet

Diet plays a large role in a person's overall physical and mental well-being, here are some foods that promote a healthy body:

Breakfast:

- 1. Yogurt**
- 2. Bananas**
- 3. Whole-grain waffles/pancakes**
- 4. Turkey bacon**
- 5. Eggs**



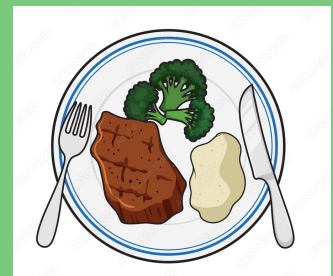
Lunch:

- 1. Sandwich**
- 2. Salad**
- 3. Soup**



Dinner:

- 1. Grilled chicken**
- 2. Salmon**
- 3. Pasta**
- 4. Steamed vegetables**



Snacks:

- 1. Popcorn**
- 2. Pretzels**
- 3. Fruit**

