

POWER UP

WITH

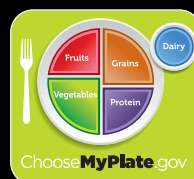
PROTEIN

**Building blocks to support
muscle growth and development.**

Provide sustained energy to feel full longer.

- **Chicken sandwich**
- **Egg**
- **Cheeseburger**
- **Yogurt parfait**
- **String Cheese**

MILK
MEANS MORE

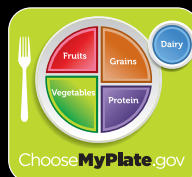


FUEL UP WITH CARBOHYDRATES

**Whole grains serve
as quick energy for
brain and muscles!**

- **Whole grain bread**
- **Pasta**
- **Oatmeal**
- **Granola**

MILK
MEANS MORE



EAT UP

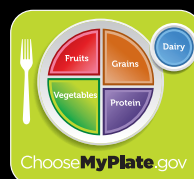
FRUITS & VEGGIES

**Powerful antioxidants that support
immune function and digestion.**

The more colors the better!

- **Apple**
- **Pear**
- **Broccoli**
- **Carrots**
- **Grapes**

MILK
MEANS MORE



DRINK UP

MILK

**Electrolytes to rehydrate
and protein to refuel.**

**9 essential nutrients for a
healthy performance.**

- **White milk**
- **Chocolate milk**

MILK
MEANS MORE

