



Go Bananas for QuickStart!

WHY do tennis players eat lean meats?

BECAUSE ... LEAN MEATS

- Are an important part of a healthy diet
- Provide nutrients to nourish bones, muscles and skin
- Are the most complete source of protein
- Are low in fat and high in protein
- Can be prepared in many healthy ways – roasted, grilled, broiled or stir-fried
- Taste great with lots of different veggies
- Keep you feeling full longer and help prevent over-eating

WHAT ARE SOME LEAN MEATS?

Skinless chicken and turkey breast (whole or ground), pork tenderloin and chicken or turkey sausage are lean meats. Try turkey sausage tacos or chicken and vegetable kebabs. How about a turkey sandwich on whole grain bread? They're all delicious and healthy!

**Want to be a great tennis player?
Eat like a great tennis player!**

Eat lean meats for protein! Try balancing your plate visually: half filled with fruits and vegetables, a quarter with whole grains and the final quarter with lean meat. Tennis players keep portions small and don't put too much on a plate at one time.



Jermaine (Jay) Jenkins

**Junior Development Pro
Standout at Clemson University
— All-American and MVP
Business Management Graduate
Former ATP Tour Professional
Started playing tennis at age 4
Says he “owns” younger brother
Jarmere in tennis!**

Youth Tennis Pro Goes Bananas for QuickStart!!!

Jermaine eats lots of protein to fuel his body and keep his muscles and bones healthy. Chicken is a really good high-protein, low-fat and healthy option and can be prepared in a variety of ways.

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Bag Check: On court Jermaine always has bananas, Clif Bars, water and grapes. He starts his day with two eggs, oatmeal, fruit and a whey protein shake. For lunch he likes a tuna-salad sandwich and a protein shake. For dinner he prefers honey-glazed salmon, baked sweet potato, broccoli and corn. His favorite chicken dish is a chicken salad sandwich. On special occasions, like the Super Bowl, Jermaine has brownies and iced cookies.