



Go Bananas for QuickStart!

WHY do tennis players eat herbs?

BECAUSE ... HERBS

- Enhance the flavor of other foods
- Provide health benefits and nutritional value
- Are delicious fresh or dried in recipes
- Can be easily grown at home or at school
- Taste and smell great!

WHICH HERBS?

- | | |
|--------------|--------------|
| ● Basil | ● Oregano |
| ● Chives | ● Parsley |
| ● Cilantro | ● Peppermint |
| ● Dill | ● Rosemary |
| ● Garlic | ● Sage |
| ● Ginger | ● Tarragon |
| ● Lemongrass | ● Thyme |
| ● Marjoram | ● Turmeric |

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

It's Tennis Thyme!!! Did you know thyme is a perennial plant that is easy to grow? Thyme is packed with minerals and vitamins that are essential for optimum health. Its aromatic leaves are a great source of Vitamin C, iron and calcium. Varieties are French, lemon, caraway and wild thyme. The combination of parsley, sage, rosemary and thyme is so popular a song was written about it!



Carlos Benatzky

Started playing at age 3
Grew up in Germany
Trained in Spain
Played tennis at
Lander University
Junior Development
Specialist
Director of Tennis at
Keswick Hall & Club

USPTA Tennis Professional goes Bananas for QuickStart!

USPTA Tennis Pro Carlos Benatzky ***Goes Bananas!*** for lots of different herbs and QuickStart! Like most tennis players Carlos eats lots of fruits and vegetables, but he really **LOVES** how different herbs add flavor to foods!

Go Bananas for QuickStart!

Bag Check: On-court Carlos always has lots of water and bananas. He starts his day with oatmeal, strawberries and bananas. His favorite lunch is truffle pasta. (He prefers spaghetti.) For dinner he likes a Greek salad topped with grilled chicken. For special occasions, Carlos opts for steak with potatoes and broccoli. His favorite herb is rosemary.