#### A List of my Favorite Foods

Kiwi

Strawberries

Salmon

Salad

Grapefruit

Lunchables

Chocolate

#### My Favorite Books

* The Hitchhiker’s Guide to the Galaxy by Douglas Adams
* To Kill a Mockingbird by Harper Lee
* Where the Wild Things Are by Maurice Sendak
* Eli by Bill Myers
* Throne of Glass by Sarah Maas
* Three by Ted Dekker
* The Great Gatsby by F. Scott Fitzgerald
* The Adventures of Huckleberry Finn by Mark Twain
* Alice’s Adventures in Wonderland by Lewis Carroll
* Pride and Prejudice by Jane Austen

#### How to Make a Peanut Butter Shake

Measure out 2 cuts of vanilla ice cream into a blender.

Pour in ¼ cup of milk.

Top it off with 2 tablespoons of peanut butter.

Close the blender and blend until everything is smooth and evenly mixed together.

Pour the milkshake into one or two tall glasses and serve immediately.

#### How to Prepare to Run a Mile

1. Warm up your muscles.
2. Complete 20 minute cardio workouts.
3. Build in rest days.
4. Alternate between running and walking.
5. Run a mile.
6. Start running longer distances.

#### Meeting Outline