

# Meal Ideas for Breakfast

Oatmeal made with whole oats, milk, banana, egg whites



Whole-wheat toast, peanut butter, Greek yogurt, strawberries



Green smoothie (spinach, carrots, frozen banana, frozen peaches, chia seeds, oats, orange juice, yogurt)

Yogurt Parfait (Greek Yogurt, raspberries, low-fat granola), egg whites



Breakfast sandwich (whole wheat English muffin, egg whites, extra lean ham, 1 thin slice of cheese), apple



Egg white omelet (egg whites, green peppers, onions, 2 Tbsp shredded cheese, tomatoes, extra lean ham, salt, pepper), whole wheat toast, watermelon



Strawberry overnight oats



On the go Breakfast: Protein Bar (Probar or Good 2 Go bar) and apple



On the go Breakfast: Belvita breakfast biscuits, milk, grapes



Whole grain cereal, milk, hardboiled egg, pear



Whole wheat toast with avocado and cooked egg (Cajun Seasoning or salt and pepper to taste), fruit



# Meal Ideas for Lunch

Tuna Sandwich with Lettuce and Tomatoes, Banana, Cheese Stick



BBQ Chicken Salad Wrap, Grapes, Water



Bean Burrito (Whole Wheat Flour Tortilla, Black Beans or Fat-Free Refried Beans, lettuce, tomatoes, cheese, salsa)



Hot Turkey Sandwich with lots of veggies, Strawberries, Water



Turkey or Tuna Wrap (Turkey lunch meat, whole wheat flour tortilla, mustard, lettuce, tomatoes), Chocolate Soy Milk



Homemade pita pizza's with lots of veggies, side salad, fruit cup, water



Peanut Butter and Jelly Sandwich, carrots/celery, apple



Grilled Chicken Salad (use leftover chicken or frozen precooked chicken from Sam's/Costco), Yogurt



Black Bean Burrito including lettuce, tomatoes, and Salsa



Teriyaki Stix Chicken and Vegetable Bowl



Oven Roasted Chicken Breast Subway Sandwich (includes cheese, honey mustard or sweet teriyaki sauce and lots of veggies)



# Meal Ideas for Dinner

Grilled Teriyaki chicken, Brown Rice, Broiled Asparagus



Spaghetti with Meat Sauce (extra lean ground beef or turkey), Salad



Seasoned Salmon or Tilapia (can buy pre-seasoned in the frozen aisle at Sam's or Costco), Baked Sweet Potato, Steamed Broccoli



Turkey Burger, Corn on the Cob, Green Salad



Pork Loin Roast cooked with Carrots, Potatoes, Onions; Wheat Roll \*Crock Pot Meal



Chicken, Beef, or Shrimp Fajitas on corn tortillas (sauté meat with green peppers and onions, serve with lettuce, tomatoes, and salsa)



Lemon-Herb Chicken, Quinoa, and green beans



Turkey Tacos with whole grain soft shells, lettuce, tomatoes, salsa



Sirloin steak, green beans, salad, and watermelon



Hamburger, salad, and cantaloupe



Chicken Quinoa bowl with tomatoes, cucumbers, and spinach topped with light dressing and pita Bread on the side.





# Snack Ideas

Apple, granola, PB sandwich: 2 large slices of apples with peanut butter and granola in the middle



Cottage cheese with peaches and whole grain crackers



Whole grain cereal (Raisin Bran, Frosted Mini-Wheats, Grape Nuts, Smart Start, Kashi Go Lean Crunch, Wheat Chex, etc) and milk, watermelon/fruit



Turkey roll-ups with veggies and string cheese inside and a pear



Cut veggies (green peppers, cucumbers, carrots, cauliflower, etc.) with savory Greek yogurt dip



Half of whole wheat bagel with peanut butter and bananas or apples on top, add some cinnamon on top for an extra kick!



Homemade trail mix (pretzels, almonds, dried cranberries)



Half of a tuna or turkey sandwich, banana



Whole grain crackers (such as Triscuits), hummus, orange



Homemade Protein Shake: Blend together 1 banana, ¼ cup peanut butter, 1 cup milk/almond milk and ½ cup ice.



Frozen grapes pops- Place grapes on a stick and dip in vanilla yogurt. Freeze for a couple hours. Eat with a handful of almonds.