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 PROTEIN

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

Whole grain cereal, milk, hardboiled egg, pear



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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 frozen 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 isle 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)

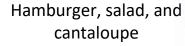


Lemon-Herb Chicken, Quinoa, and green beans



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

Sirloin steak, green beans, salad, and watermelon





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



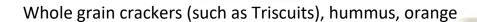
Cut veggies (green peppers, cucumbers, carrots, cauliflower, etc.) with savory Greek yogurt dip

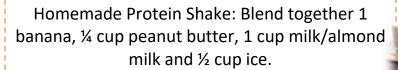
Half of whole wheat bagel with peanut butter and bananas or apples on top, add some cinnamon on top for an extra kick!



Homemade trail mix (pretzels, almonds, dried cranberries)

Half of a tuna or turkey s andwich, banana







Frozen grapes pops- Place grapes on a stick and dip in vanilla yogurt. Freeze for a couple hours.

Eat with a handful of almonds.