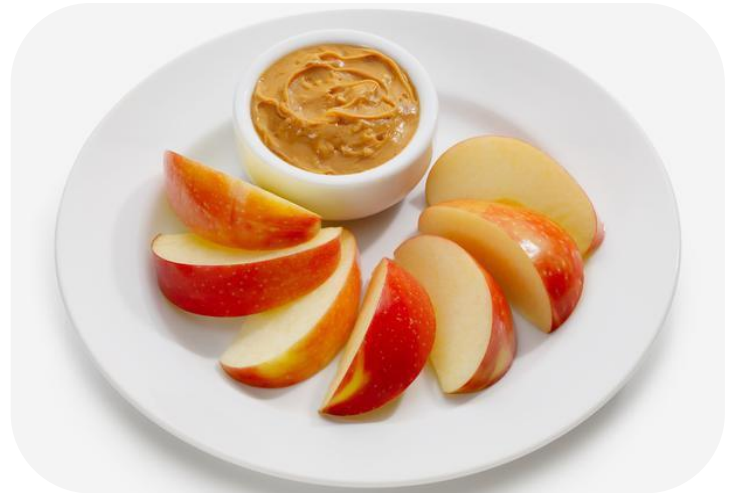


Healthy Snack Options



1 Single-serve bag of kettle corn with 1 handful of unsalted mixed nuts



1 small apple with 2 Tbsp of peanut butter



6 whole wheat Ritz crackers with 1 slice of reduced-fat cheese



Reduced Fat
Mozzarella
12
CT



1 reduced-fat string cheese and 2 mandarin oranges

Healthy Breakfast Options



Breakfast Burrito

(1-2 egg whites, 6in tortilla, and salsa)



Greek Yogurt Parfait

(1c Greek yogurt, 1c berries and 1/2c low-fat/low-carb granola)



Peanut Butter Banana Toast

(1-2 Whole wheat toast, 2-4 Tbsp peanut butter, 1/2 banana)



Breakfast Sandwich

(Whole wheat sandwich thin, 1-2 eggs, low-fat shredded cheese, and veggies)

Healthy Lunch Options



Tuna Salad Sandwich

(Whole wheat bread, tuna salad, with veggies (lettuce, tomato, onion, pickle) and raw carrots on side)



Salad with Fruit, Nuts, Cheese

(2c salad mix, 1 chopped apple, 1/3c feta cheese, 1/3c walnuts, 2 tbsp raisins, 2tbsp vinaigrette)



Adult Lunchable

(1 Hard boiled egg, 1 reduced-fat string cheese, 1 pita bread, 2-4 tbsp peanut butter, 1 small apple, 15 grapes)



Chicken Wrap

(1 6-8inch tortilla wrap, 3-4oz grilled chicken, 2tbsp ranch/mayonnaise, veggies (lettuce, tomato, onion))

Healthy Dinner Options



Sheet Pan Fish

(4-5oz any fish, cut/quarter potatoes, any nonstarchy vegetable (broccoli, green beans, brussels sprouts, carrots, etc)- Put all on sheet pan together and bake)



Sheet Pan Chicken

(3-4oz chicken breast, cut/quarter potatoes, any nonstarchy vegetable (broccoli, green beans, brussels sprouts, carrots, etc)- Put all on sheet pan together and bake)



Salad with Protein

(2c salad mix, 3-4oz protein (shrimp, chicken, turkey, tuna, etc), pile on nonstarchy veggies, 2tbsp vinaigrette)



Pasta Primavera w/Chicken and Veggies

(1-1 1/2c pasta cooked with chicken and nonstarchy vegetables in olive oil and herbs)