

		<p>4 oz meat, 1 oz cheese)  1 banana  Side salad w/dressing on side  OR  Grilled chicken salad w/  double meat, 2-3 Tbs. nuts,  dried fruit, avocado, egg  Whole wheat baguette  bread/roll  15 whole wheat crackers</p>		<p>pilaf, or baked potato  Salad w/dressing  Drink low-fat milk</p>	
	<p>Breakfast Sandwiches  2 whole wheat English  Muffins each w/ 2 slices lean  Canadian Bacon, 1 slice 2%  cheese, 1 egg on each  1 banana  8oz 100% juice</p>	<p>Snap Kitchen or My Fit Foods  Get a large meal - look for ~800 calories,  25-30g protein</p>	<p>Beef jerky w/1 piece fruit</p>	<p>Healthy Burgers  8-10 oz lean ground meat patty,  veggies, 1 slice 2% cheese on  thick whole wheat bun  1 1/2 large sweet potatoes OR cut  as sweet potato fries (cooked  in oven drizzled with olive oil)  Big salad w/lots of veggies &amp;  avocado</p>	<p>Shake recipe  Nature Valley OR Kashi TLC  Granola Bars</p>
	<p>Breakfast Bagel  1 whole wheat bagel w/ 1 egg  &amp; 2 whites, 1 slice 2% cheese, 3  slices lean ham or Canadian  Bacon or turkey bacon  1 yogurt w/ 1/2 cup berries  mixed in &amp; granola  8oz 100% juice</p>	<p>Home meal  Lean Cuisine Panini Sandwich  Add 2 oz turkey to sandwich  15 whole wheat crackers  Greek Yogurt  w/ 1 cup Kashi Go Lean Crunch  Cereal   OR  Fairlife protein shake  2 bananas  2 handfuls trail mix</p>	<p>1 Greek yogurt  1/2 cup granola  1/2-1 cup fruit</p>	<p>Salad Night  Big salad w/8 oz grilled  chicken breast, 3 Tbs. nuts,  1/3 avocado, 1/2 cup 2% cheese,  2-3 egg whites &amp; veggies  2 cups carbohydrate  (Rice, pasta, potato, sweet  potato, quinoa, couscous,  fruit, beans, corn, bread)</p>	<p>3/4 cup trail mix  2 - 2% string cheese  1 banana</p>
	<p>Breakfast Tacos  2 whole wheat tortillas w/ 1/4  cup OR 1 slice 2% cheese, 1  scrambled egg, 3 slices lean Canadian  Bacon in each  2 fruits  8oz 100% juice</p>	<p>PBJ Sandwich  (2) PBJ sandwich on wheat  1 bag Baked Lays or Sun Chips  1 snack bag trail mix</p>	<p>1 1/2 cups Smart Start OR  Raisin Brand Crunch cereal  in baggie  Handful of nuts</p>	<p>American Style Restaurant  Salad w/grilled chicken  1 side vegetables  2 cups carbohydrate  (Rice, pasta, potato, sweet  potato, quinoa, couscous,  fruit, beans, corn, bread)</p>	<p>2 cups high calorie cereal &amp; 1/2 cup  low-fat granola w/milk</p>
	<p>Dining  1 whole wheat bagel w/  2 Tbs cream cheese  3-4 eggs scrambled  2 pieces sausage or bacon  8oz 100% juice</p>	<p>Home  Sandwich on whole wheat  bagel w/1 slice 2% cheese,  8 oz meat &amp; veggies  15 whole wheat crackers OR  Pretzels  1 fruit OR 1 cup berries  10-15 almonds</p>	<p>5 peanut butter balls  (see recipe below)   OR  1 pack peanut butter crackers  1 fruit</p>	<p>Healthy High Protein Spaghetti  4 cups Barilla Pasta Plus  Tomato sauce to liking  8 oz grilled chicken breast/beef  OR 1 1/4 cup lean ground meat  1 can green beans or salad  w/ dressing  1 wheat roll or slice toast  16 oz chocolate milk</p>	<p>1 cup fruit  1 6oz Greek yogurt  3/4 cup granola</p>
	<p>(2)Peanut butter &amp; jelly sandwich on  wheat bread (2 Tbs of each)  1 fruit   OR  1 fairlife shake  1 PB&amp;J</p>	<p>Fast Food  2 Chicken sandwiches  16oz low fat chocolate milk  Snack bag trail mix</p>	<p>PRO Protein bar  1 piece fruit</p>	<p>Healthy Taco Salad  3-5 cups lettuce &amp; tomato  1/2 cup 2% grated cheese  1 1/2 cup ground beef meat  browned on stove w/ taco  seasoning  1 ear corn  3-4 Tbs. light sour cream  25 light tortilla chips  crumbled in &amp; salsa  16 oz chocolate milk</p>	