

HEALTHY BREAKFAST



Assorted mini-bagels or muffins
*whole grain or bran



Assorted reduced fat cream cheese
*plain, vegetable, strawberry etc.



Fresh fruit

*sliced honey dew, grapes, bananas



Peanut butter
*pair with fruit or bagel



100% Juice
*Orange, grape, tomato etc.



Low-fat milk/soy milk
*1% or less, soy beverage



Coffee, tea, hot chocolate (made with water)

*decaf and regular, non-fat creamer



HEALTHY BREAK

Consider replacing a food break with an activity break. Or, include a physical activity break with the following:



Fruit



Cup of coffee or tea

*Low fat creamer or skim soy/milk



Trail mix



Low fat yogurt

*most are high in sugar so watch out, or get plain and add fresh fruit to sweeten!



Granola bar

*Because granola bars are often high in sugar it is a great idea to make them from scratch using honey as your sweetener!

EIGHT



A DAY

HEALTHY LUNCHES AND/OR DINNERS

BEVERAGES



- Dark green salad, cherry tomatoes and low-fat dressing on the side
- Steamed vegetables
- Brown rice
- Grilled (or baked) chicken with Italian seasoning
- Beverage



-Mixed green salad with a variety of fresh raw vegetables (low-fat dressing on the side)

- Baked potato with salsa, light butter, light sour cream, or seasoning
- Fresh fruit
- Beverage

-Baby spinach salad with fresh strawberries and nuts (low-fat raspberry dressing on the side)

- Garden peas or snap peas
- Baked sweet potato



- Whole grain roll with light butter
- Beverage

- Low fat milk/soy (1% or less)
- Black coffee (non-fat creamers or milk/soy)
- Tea
- Hot coco (made with water)
- Water

DESSERT



- Low fat ice cream or frozen yogurt with berries
- Angel food cake with strawberries and light whipped topping
- Fresh fruit salad with light yogurt
- Microwave an apple with cinnamon, a touch of light butter, and sprinkle with granola

-Grilled (or baked) chicken sandwich on whole grain bread with lettuce, tomato, and pickle



- Sliced seasonal fruit
- Pretzels/baked potato
- Beverage