

Pick one food from each category for each meal

Mix and Match!

Breakfast

Protein	Grains	Veggies	Fruit
Eggs	Toast	Mushrooms	Bananas
Protein powder	Oatmeal	peppers	Applesauce
Kodiak cakes	Cereal	Potatoes	peaches
Turkey sausage	waffles	hash browns	Berries
Peanut butter	pancakes		All-fruit jam
Egg whites			Juice
Cheese			
Cottage cheese			

Snack

Protein	Grains	Veggies	Fruit
Roasted chickpeas	Toast	Carrot sticks	Berries
Deli Meat	Crackers	cucumber slices	Peaches
Protein powders	Pretzels	sliced bell peppers	Watermelon
hard boiled eggs	popcorn	celery	bananas
Jerky			mandari oranges
Trail Mix			
nuts			
Greek Yogurt			
Cheese			

Lunch

Protein	Grains	Veggies	Fruit
Lunch meat	Tortillas	Lettuce	appless
Peanut butter	bread	cucumbers	berries
Chicken strips/nuggets	corn chips	carrots	oranges
Tuna	Corn	Spaghetti squash	grapes
Almond Butters	Quinoa	Zoodles	
Cheese		Spinach	
Hummus		Sweet potato	
		peas	

Dinner

Protein	Grains	Veggies	Fruit
Chicken	Rice	Roasted potatoes	applesauce
Turkey	Quinoa	Salad	strawberries
Beef	Rolls	onions	
Beans	Pasta	mushrooms	
Turkey burgers	couscous	asparagus	
Shrimp		brussels sprouts	
Fish		mashed potatoes	
Roast		Butternut Squash	
Lentils		green beans	
Pork		cauliflower	

Sample Meal Plan			
BREAKFAST	LUNCH	SNACK	DINNER
DAY 1			
Fried egg, Toast, Peppers peaches	Salad bar with greens, hard boiled eggs, cheese, sliced almonds, croutons or toast, mandarin oranges and craisins	Yogurt, fruit, and granola	Healthy Crockpot Stir- fry (Chicken, veggies, rice, fruit)
BREAKFAST	LUNCH	SNACK	DINNER
DAY 3			
Scrambled eggs, apple juice, cereal with milk, Avocados	Chili, Green Salad, chips, grapes	Sliced turkey rolled with cheese, and cucumbers sticks	Crockpot Chicken with Broccoli and mashed potatoes

BREAKFAST	LUNCH	SNACK	DINNER
DAY 2			
Waffles, cashews, cherries, grapes, sweet potatoes	Chicken nuggets, carrots and peppers, oranges, roll	Apples, celery, and Peanut butter	Pork, peppers, Brussels Sprouts, rice, cooked apples