Recipe and Snack Ideas

Breakfast:
- Oats
- Mixed Berries
- Skim Milk
- Mixed Nuts

Lunch:
- Mixed Greens Salad:
  - Salad
  - Cucumbers
  - Diced Apples
  - Berries
  - Avocado
  - Boiled Egg
  - Mixed Nuts

Turkey Sandwich
- 100% Whole Wheat Bread
- Deli Turkey
- Avocado
- Cucumber
- Mixed Greens

Dinner:
- Chicken Pasta:
  - Whole Grain Pasta
  - Chicken
  - Broccoli
  - Light Sauce

Yogurt Parfait:
- 1 yogurt
- Mixed Berries or Diced Apples
- Dry Oats
- Mixed Nuts