Healthy Menu Options

Breakfast
- Note: Include protein and fiber
  - Oatmeal with nuts
  - Whole grain toast or rice cakes with:
    - Peanut butter
    - Almond butter
    - Cheese
  - Eggs (hard boiled for on the run) or scrambled with vegetables
  - Plain Yogurt (no sugar added) with fruit or granola (no sugar added)
  - Smoothie

Lunch
- Note: include protein and fiber
  - Sliced turkey (or lean meat) sandwich on whole grain with lettuce and tomato
  - Salad with protein (tuna, chicken, beans, grains, nuts or tofu) put in a whole grain pita or slice of whole grain bread
  - Vegetables wrapped in a tortilla with hummus
  - Left overs from dinner (vegetables, protein and grains) wrap them into a tortilla for easy eating

Dinner
- Note: If you have to graze before dinner, make sure its vegetables with a protein (ex: hummus and carrots, cheese and apple, peanut butter and celery)
  - Protein (Chicken Turkey, Fish, Beans or Tofu) fajitas with grilled onion, and peppers
  - Whole grain (brown rice, quinoa, polenta or couscous) with protein (Chicken, tofu, fish) with green and steamed vegetables (onion, garlic, zucchini, broccoli) and protein (chicken, fish or tofu)

Snacks
- Note: If you have to graze before dinner, make sure its vegetable with a protein to keep glucose level
  - Vegetables with hummus dip
  - Nuts with fruit
  - Plain yogurt with fruit and nuts
  - Hard boiled egg
  - Popcorn sprinkled with Brewer’s Yeast
  - Pretzels with peanut butter
  - Olives