



Cold Cereal BREAKFAST

2/3 cup high fiber cereal (Bran Flakes, Shredded Wheat)
6-8 oz reduced fat milk w/1 oz protein powder mixed in
6 oz orange juice or medium size orange

Brown Bag LUNCH

Turkey or Ham sandwich made on whole grain bread with 3-4 oz sliced meat, lettuce, tomato, reduced-fat mayo or mustard, dill pickles.
Serve with baked chips or pretzels and fresh fruit (plum or apple).

On The Run Snack

String cheese and one apple.

High-Fiber Dinner

Pinto Beans cooked with lean ham, seasoned with chili powder
2/3 cup mashed red potatoes (mashed with skins on)
Mixed greens salad w/low-fat dressing
Fresh fruit & lite yogurt for dessert