



### ***Hot Cereal* BREAKFAST**

1 cup Oatmeal, slow cooked in water with 1/2 cup low fat milk. Add some raw almonds for protein. Sweeten with brown sugar or honey. For added protein and a heartier breakfast, stir in 1/2 cup cottage cheese or serve on the side.

Serve with 1 slice whole grain toast.

### ***Fast Food* LUNCH**

Make good choices when eating out. A good example is something from the low fat menu at Subway. Tip: leave off the cheese - you won't miss it! Many times we add cheese to sandwiches and recipes and we really can't taste it.

Serve with baked chips or pretzels.

### ***Sweet Snack***

Cinnamon graham crackers (4 squares) with 1 tsp peanut butter

### ***Favorite Fajitas* Dinner**

You can prepare fajitas on the stove top in a large non-stick skillet or some type of indoor grill (ex: George Foreman Grill). Grill onions, assorted peppers, and chicken tenders seasoned with fajita seasoning. Fix additional toppings, such as black beans, chopped tomatoes, grated cheddar cheese, light sour cream. Serve on reduced fat flour tortillas.

Serve with baked chips and salsa.

1 cup light canned peaches with a dollop of whipped topping for dessert.